

Weekly Activities Summer 24

Mondays 10.30-11.30am	Women only Zumba	Portsoken Community Centre	Gentle Zumba class for women 55+
Mondays 2.15-4pm	Golden Social	Golden Lane Community Centre, Fann St EC1Y ORD	Tea, coffee, chat, board games, crafts, films, visiting speakers
Tuesdays 10.30-11.30am	Very gentle health walk (for Square Mile Health Walks see Walks Programme)	Meet outside Fusion Golden Lane leisure centre, Fann St EC1Y OSH	A social walk to improve confidence, balance and stability. Tea & coffee to finish
Tuesdays 5.30-7pm	IT Support	Barbican Library, Barbican Centre EC2Y 8DS	Bring along your phone or tablet to get help with using it. For complete beginners and those needing a little extra help
Wednesdays 2-4pm	Textile Crafts/ Knit and Natter (alternate Wednesdays)	Artizan Library Artizan St E1 7AF	Textile-based crafts including knitting, crochet, weaving, felting and macrame
Wednesdays 4-5pm	Movement to Music	Portsoken Community Centre	A fun, active fitness class for people 55+
Fridays 10.30-11.15am <i>Summer break from 5th July – end August</i>	Yoga online	Zoom – contact Alice for details	A small friendly class for those new to yoga. Can be done seated or standing
Fridays 2.15-3.15pm	Tai Chi	Golden Lane Community Centre	Tai Chi for people aged 55+

For more info email Alice.Westlake@AgeUKCityofLondon.org.uk
or call 0203 488 6884 (Mon-Thurs)
www.ageukcityoflondon.org.uk

Calendar June-July 24:

When	What	Where	How
Fri 14 th June 11am onwards	London Zoo trip	Meet at ZSL main gate	Contact Alice to book a place
Mon 17 th June 10.30am-12 noon	Art Discussion Group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 17 th June 2.15-4pm	Golden Social: games afternoon	Golden Lane Community Centre	Just turn up
Wed 19 th June 2 – 4pm	Knit and Natter	Artizan Library	Just turn up
Thurs 20 th June 2-4pm	Square Mile Health walk: Oxford Circus to TCR linear	Meet at Oxford Street tube exit 7 Argyll St	Just turn up at 1.45pm
Mon 24 th June 2-4pm	Golden Social: film – <i>Kind Hearts and Coronets</i>	Golden Lane Community Centre	Just turn up Prompt 2pm start
Sun 30 th June 10am-12 noon	Square Mile Health walk: Royal Exchange to Bishopsgate circular	Meet at Royal Exchange, Cornhill	Just turn up at 9.45am
Mon 1 st July 2-4pm	Golden Social: Summer garden party	Golden Lane Community Centre	Just turn up
Wed 3 rd July 2 – 4pm	Knit and Natter	Artizan Library	Just turn up
Fri 5 th July 10am onwards	Coach trip to Castle Farm Lavender Fields, Shoreham, Kent £5 donation	Meet Fann Street 9.45am	Contact Alice to book a place
Sat 6 th July 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up at 10.45am
Mon 8 th July 2.15-4pm	Golden Social: <i>The City by the Book</i> A talk by City Guide Jill Finch	Golden Lane Community Centre	Just turn up
Thurs 11 th July 2-4pm	Square Mile Health walk: Aldgate to Shadwell circular	Meet at Aldgate Tube	Just turn up at 1.45pm
Mon 15 th July 10.30am-12 noon	Art Discussion Group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 15 th July 2.15-4pm	Golden Social: origami cranes for Hiroshima Day	Golden Lane Community Centre	Just turn up
Fri 26 th July 11.30am onwards	Naomi: In Fashion exhibition	V&A museum	Contact Alice to book a place
Sun 28 th July 10am-12 noon	Square Mile Health walk: Kings Cross to Blackfriars linear	Meet at Kings Cross bus stop E	Just turn up at 9.45am

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