

Weekly Activities Spring 25

Mondays 10.30-11.30am <i>No session Bank Holiday 5th May</i>	Women only Zumba	Portsoken Community Centre E1 8AH	Gentle Zumba class for women 55+
Mondays 2.15-4pm <i>No session Bank Holiday 5th & 26th May</i>	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 by Giddy Up Coffee, Fortune Street Park EC1Y 0SB	A social walk to improve confidence, balance and stability. Tea & coffee to finish
Tuesdays 5.30-7pm	Digital Support	Barbican Library, Barbican Centre EC2Y 8DS	Bring along your phone or tablet to get help with using it.
Wednesdays 2-4pm	Textile Crafts/ Knit and Natter (alternate Wednesdays)	Artizan Library Artizan St E1 7AF	Textile-based crafts including knitting, crochet, sewing etc
Wednesdays 4-5pm <i>No session 7th May</i>	Movement to Music	Portsoken Community Centre	A fun, active fitness class for people 55+
Fridays 10-11am	Seated yoga and walking meditation online class	Zoom	A friendly online class. Contact Alice for joining details
Fridays 2.15-3.15pm <i>No session 9th May</i>	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)

For Digital contact digitalinclusion@ageukcityoflondon.org.uk /
07977 997 436 (leave a message and Nik will get back to you)

Web: www.ageukcityoflondon.org.uk

Calendar May 25:

When	What	Where	How
Sat 3 rd May 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up Prompt 11am start
Mon 5 th May	Golden Social – Bank holiday no session		No session
Tues 6 th May 2-4pm	Digital support 1:1s	Tudor Rose Court, Fann Street	Please contact Nik on the details below
Wed 7 th May 2-4pm	Visit to Walkie Talkie building for afternoon tea and games	Walkie Talkie building, Fenchurch Street	Contact Alice to book a place
Thurs 8 th May 2-4pm	Square Mile Health walk: Squares walk: Kings Cross to Barbican linear	Meet outside Kings Cross station, bus stop E	Just turn up Prompt 2pm start
Mon 12 th May 2 – 4pm	Golden Social: ‘Relax and Refresh’ essential oils with Hackney Herbal + tea, coffee & Scrabble as usual	Golden Lane Community Centre	Booking essential for Hackney Herbal session. Just turn up for Scrabble and chat 😊
Tues 13 th May 10.30 – 11.15am	URBAN TREE FESTIVAL Slow Mindful Tree Walk	Meet by Giddy Up Coffee, Fortune Park	Contact Alice to book a place
Tues 13 th May 2-4pm	Royal Collections Trust – The Edwardian Collection trip	The Kings Gallery	Contact Alice to book a place
Wed 14 th May 2 – 4pm	Knit and Natter	Artizan Library	Just turn up
Thurs 15 th May 10.30am-3pm	URBAN TREE FESTIVAL Foraging Walk for Women in Sydenham Hill Woods	Meet and return to Mansell Street, Aldgate – coach trip	Contact Alice to book a place
Fri 16 th May 11am-12.30pm	URBAN TREE FESTIVAL City Tree Walk	Meet at Caledonian Road tube	Contact Alice to book a place
Mon 19 th May 10.30am-12 noon	Art Discussion group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 19 th May 2.15-4pm	Golden Social: tea, coffee and Scrabble	Golden Lane Community Centre	Just turn up
Tues 20 th May 2-4pm	NEW! Digital support drop-in	Shoe Lane Library	Just turn up
Sun 25 th May 10am-12 noon	Square Mile Health walk: Aldgate to Blackfriars circular	Meet at Aldgate Tube	Just turn up Prompt 10am start
Mon 26 th May	Golden Social – Bank holiday no session		No session
Tues 27 th May 2-4pm	Digital support drop-in	Portsoken Community Centre	Just turn up
Wed 28 th May 2 – 4pm	Knit and Natter	Artizan Library	Just turn up