

## Weekly Activities Autumn 24

Mondays 10.30-11.30am	Women only Zumba	Portsoken Community Centre E1 8AH	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 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	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, sewing etc
Wednesdays 4-5pm	Movement to Music	Portsoken Community Centre	A fun, active fitness class for people 55+
Fridays 11-11.45am	Seated exercise online class	Zoom – contact Alice for details Or just log in: Meeting ID: 849 376 2063 Passcode: hello	A small friendly class. 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](mailto:Alice.Westlake@AgeUKCityofLondon.org.uk)  
or call 0203 488 6884 (Mon-Thurs)  
[www.ageukcityoflondon.org.uk](http://www.ageukcityoflondon.org.uk)

## Calendar November 24:

### November is Wellbeing Month at Age UK City of London

When	What	Where	How
Fri 1 <sup>st</sup> Nov 11am-12 noon	Pension Credit info session CITY RESIDENTS ONLY	Tudor Rose Court	Contact Alice to book a place
Sat 2 <sup>nd</sup> Nov 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up Prompt 11am start
Sun 3 <sup>rd</sup> Nov 10am-12 noon	Square Mile Health walk: Shakespeare to Red Lion circular	Meet at rear of Shakespeare Pub	Just turn up Prompt 10am start
Mon 4 <sup>th</sup> Nov 2.15-4pm	Golden Social: Gut Health and Wellbeing talk by Homerton Healthcare NHS Foundation Trust	Golden Lane Community Centre	Just turn up
Wed 6 <sup>th</sup> Nov 2 – 4pm	Textile crafts: hand made Christmas Cards cut, stick, crochet or stitch your own unique cards	Artizan Library	Please rsvp so we know how many are coming
Fri 8 <sup>th</sup> Nov 10.30am onwards	Hampton Court trip	Meet at Hampton Court Palace	Contact Alice to book a place
Mon 11 <sup>th</sup> Nov 10.30am-12 noon	Art Discussion Group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 11 <sup>th</sup> Nov 2.15-4pm	Golden Social: Head and shoulder massage	Golden Lane Community Centre	Just turn up
Thurs 14 <sup>th</sup> Nov 4.15 – 5.15pm	Digital inclusion: Intergenerational gadget clinic with students from CLSG	City of London School for Girls	Contact Alice to book a place – <b>this event is TBC</b>
Mon 18 <sup>th</sup> Nov 2.15-4pm	Golden Social: The Old Operating Theatre Museum talk and object handling	Golden Lane Community Centre	Just turn up
Wed 20 <sup>th</sup> Nov 2 – 4pm	Knit and Natter	Artizan Library	Just turn up
Thurs 21 <sup>st</sup> Nov 2-4pm	Square Mile Health walk: Waterloo to Shakespeare linear	Meet at Waterloo, outside PURE shop	Just turn up Prompt 2pm start
Mon 25 <sup>th</sup> Nov 2-4pm	Golden Social: film – <i>The Jungle Book</i> <i>original 1967 animation</i>	Golden Lane Community Centre	Just turn up Prompt 2pm start

**Plus: taster sessions of a range of fun sports**

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