

## Weekly Activities Winter-Spring 25

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
2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month, 2-4pm	IT Support	Portsoken Community Centre	Bring along your phone or tablet to get help with using it.
Tuesdays 5.30-7pm	IT Support	Barbican Library, Barbican Centre EC2Y 8DS	Bring along your phone or tablet to get help with using it.
Alternate Wednesdays 2-4pm	Textile Crafts/ Knit and Natter	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 10.30-11.15am	Seated exercise online class	Zoom Just log in: Meeting ID: 844 4646 6148 Passcode: 544581	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)

Web: [www.ageukcityoflondon.org.uk](http://www.ageukcityoflondon.org.uk)

## Calendar February 25:

When	What	Where	How
Sat 1 <sup>st</sup> Feb 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up Prompt 11am start
Tues 4 <sup>th</sup> Feb 3-5pm	Two Temple Place visit	Temple Embankment	Contact Alice to book a place
Wed 5 <sup>th</sup> Feb 2-4pm	Knit and Natter	Artizan Library	Just turn up
Tues 11 <sup>th</sup> Feb 2-4pm	NEW Digital support drop-in Launches today in Portsoken	Portsoken Community Centre	Just turn up
Thurs 13 <sup>th</sup> Feb 2-4pm	Square Mile Health walk Tower Hill to Pool of London circular	Meet at Tower Hill Station, by kiosk	Just turn up Prompt 2pm start
Mon 17 <sup>th</sup> Feb 10.30am – 12 noon	Art Discussion group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Tues 18 <sup>th</sup> Feb 11am onwards	Kew Gardens orchids trip	Kew Gardens	Contact Alice to book a place
Wed 19 <sup>th</sup> Feb 2 – 4pm	Knit and Natter	Artizan Library	Just turn up
Sun 23 <sup>rd</sup> Feb 10am – 12 noon	Square Mile Health walk Farringdon to Cheapside circular	Meet outside Farringdon Station, Cowcross St	Just turn up Prompt 10am start
Mon 24 <sup>th</sup> Feb 2-4pm	Golden Social: film- <i>A special screening of a film made by local filmmaker and Barbican resident Inge Daniels</i>	Golden Lane Community Centre	Just turn up
Thurs 30 <sup>th</sup> Jan 2-4pm	Square Mile Health walk Highgate to Ally Pally linear, train to/from Moorgate	Meet at Moorgate tube, Café Nero	Just turn up Prompt 10am start
Tues 6 <sup>th</sup> March 10.45am onwards	Making Egypt exhibition	Young V&A museum	Contact Alice to book a place

Contact [alice.westlake@ageukcityoflondon.org.uk](mailto:alice.westlake@ageukcityoflondon.org.uk) / 0203 488 6884 (Mon-Thurs)

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