

**Weekly Activities Winter-Spring 25**

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| Mondays 10.30-11.30am*Restarts 6th Jan* | Women only Zumba | Portsoken Community Centre E1 8AH | Gentle Zumba class for women 55+ |
| Mondays 2.15-4pm*Every Monday* | Golden Social | Golden Lane Community Centre, Fann St EC1Y 0RD | Tea, coffee, chat, board games, crafts, films, visiting speakers |
| Tuesdays 10.30-11.30am*Restarts 7th Jan* | 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*Restarts 7th Jan* | IT Support  | Barbican Library, Barbican Centre EC2Y 8DS | Bring along your phone or tablet to get help with using it.  |
| Wednesdays2-4pm*Restarts 8th Jan* | Textile Crafts/ Knit and Natter (alternate Wednesdays) | Artizan LibraryArtizan StE1 7AF | Textile-based crafts including knitting, crochet, sewing etc  |
| Wednesdays 4-5pm*Restarts 8th Jan* | Movement to Music | Portsoken Community Centre | A fun, active fitness class for people 55+ |
| Fridays 10.30-11.15am*Restarts 17th Jan* | Seated exercise online class | Zoom Just log in:Meeting ID: 844 4646 6148Passcode: 544581 | A small friendly class. Can be done seated or standing |
| Fridays 2.15-3.15pm*Restarts 10th Jan* | 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)**

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

**Calendar January 24:**

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| **When** | **What** | **Where** | **How** |
| Sat 4th Jan11am-12 noon | Square Mile Health walk:St Pauls circular | Meet at St Pauls tube, Café Nero | Just turn up Prompt 11am start |
| Tues 7th Jan2-4pm  | Digital supportIT help for City residents, by appointment  | Tudor Rose Court | Contact Nik Gupta on the details below  |
| Wed 8th Jan2 – 4pm | Knit and Natter  | Artizan Library | Just turn up |
| Fri 10th JanMeet 1.45pm | Saatchi Gallery visit | Saatchi Gallery, Sloane Square | Trip Fully Booked |
| Mon 13th Jan2.15-4pm | Golden Social: ‘Blends with benefits’ Tea SpecialMake your own herbal teabags to take home and use | Golden Lane Community Centre | Just turn up |
| Mon 20th Jan10.30am – 12 noon | Art Discussion group | Zoom | Just log inMeeting ID: 849 376 2063Passcode: hello |
| Mon 20th Jan2.15-4pm | Golden Social: Museum of London talk and artefact handling  | Golden Lane Community Centre | Just turn upPrompt 2pm start |
| Tues 21st Jan2-4pm  | Digital supportIT help for City residents, by appointment  | Tudor Rose Court | Contact Nik Gupta on the details below  |
| Wed 22nd Jan2 – 4pm | Knit and Natter  | Artizan Library | Just turn up |
| Sun 26th Jan10am – 12 noon | Square Mile Health walkShakespeare to Royal Exchange circular | Meet at Shakespeare pub, Goswell Road | Just turn up Prompt 10am start |
| Mon 27th Jan2-4pm | Golden Social: film- *Matinee*A wry comic look at the Cuban Missile Crisis from the viewpoint of two cinema-loving teens | Golden Lane Community Centre | Just turn up |
| Thurs 30th Jan2-4pm  | Square Mile Health walkHighgate to Ally Pally linear, train to/from Moorgate | Meet at Moorgate tube, Café Nero | Just turn up Prompt 10am start |
| Tues 4th Feb3 - 4.30pm | Two Temple PlaceLives less ordinary: working class Britain re-seen | Temple embankment | Contact Alice to book a place |

**Contact** **alice.westlake@ageukcityoflondon.org.uk** **/ 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)**