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**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. |
| Wednesdays  2-4pm  *Restarts 8th Jan* | Textile Crafts/  Knit and Natter (alternate Wednesdays) | Artizan Library  Artizan St  E1 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 6148  Passcode: 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**](mailto: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 Jan  11am-12 noon | Square Mile Health walk:  St Pauls circular | Meet at St Pauls tube, Café Nero | Just turn up  Prompt 11am start |
| Tues 7th Jan  2-4pm | Digital support  IT help for City residents, by appointment | Tudor Rose Court | Contact Nik Gupta on the details below |
| Wed 8th Jan  2 – 4pm | Knit and Natter | Artizan Library | Just turn up |
| Fri 10th Jan  Meet 1.45pm | Saatchi Gallery visit | Saatchi Gallery, Sloane Square | Trip Fully Booked |
| Mon 13th Jan  2.15-4pm | Golden Social: ‘Blends with benefits’ Tea Special  Make your own herbal teabags to take home and use | Golden Lane Community Centre | Just turn up |
| Mon 20th Jan  10.30am – 12 noon | Art Discussion group | Zoom | Just log in  Meeting ID: 849 376 2063  Passcode: hello |
| Mon 20th Jan  2.15-4pm | Golden Social: Museum of London talk and artefact handling | Golden Lane Community Centre | Just turn up  Prompt 2pm start |
| Tues 21st Jan  2-4pm | Digital support  IT help for City residents, by appointment | Tudor Rose Court | Contact Nik Gupta on the details below |
| Wed 22nd Jan  2 – 4pm | Knit and Natter | Artizan Library | Just turn up |
| Sun 26th Jan  10am – 12 noon | Square Mile Health walk  Shakespeare to Royal Exchange circular | Meet at Shakespeare pub, Goswell Road | Just turn up  Prompt 10am start |
| Mon 27th Jan  2-4pm | 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 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 4th Feb  3 - 4.30pm | Two Temple Place  Lives less ordinary: working class Britain re-seen | Temple embankment | 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)**