

# Weekly Activities Timetable

July - September 2024

### Monday

## Tuesday

### Wednesday

#### Thursday

10:15 AM - 11:15 AM

## Friday

**Songbirds** 

#### Yoga

11 AM - 12 PM



**Freestyle Dance** 

10:15 AM - 11:15 AM

Sewing with Kayleigh 10 AM - 12 PM

**English National Ballet** 

10 AM - 11 AM (fortnightly)

**Seated Exercise** 11:30 AM - 12:10 PM

**IT and Tech Support** Drop-in

12:15 PM - 1:45PM

**Community Art Group** 

11:30 AM - 2 PM

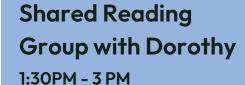
Information, Advice

and Guidance

**Drop-in session** 

**Bingo with Michael** 

12:30 PM - 1:30 PM



**Painting with Husna** 

**Christchurch Gardens** 

2 PM - 4 PM

Play Session -

3:30 PM - 5 PM

Social Drop-In 3 PM - 6 PM

Art Club -Toynbee Hall 4 PM - 6 PM

12 PM - 2 PM

Film Club 3 PM - 6 PM

**ELOP LGBT+ Group** 

4 PM - 8 PM

**Food Bank** 

4 PM - 6 PM

#### Key

Over 50's Activity



Communtiy Activity - all ages welcome

#### For more information please contact us or scan the QR code:



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