

## Monday

### Yoga

11 AM - 12 PM



### Bingo with Michael

12:30 PM - 1:30 PM



## Tuesday

### Freestyle Dance

10:15 AM - 11:15 AM

### Seated Exercise

11:30 AM - 12:10 PM

### Shared Reading Group with Dorothy

1:30 PM - 3 PM

### ELOP LGBT+ Group

4 PM - 8 PM

## Wednesday

### Upcycle Wednesdays

10 AM - 12 PM

### IT and Tech Support Drop-in

12:15 PM - 1:45 PM

### Painting with Husna

2 PM - 4 PM

### Play Session - Christchurch Primary School

3:30 PM - 6 PM

## Thursday

### English National Ballet

10:15 AM - 11:15 AM

### Community Art Group

11:30 AM - 2 PM

### ESOL for Beginners

2 PM - 4 PM

### Children's Art Club - Community Centre

4-6 PM

## Friday

### Songbirds

10.30 AM-12.30 PM (fortnightly)





### Information Drop-in session

12 PM - 2 PM


### Film Club

3 PM - 5.30 PM

### Key

-  Over 50s Activity
-  Children's Activity
-  Community Activity - all ages welcome

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

 0203 856 9721 or 07943 277512

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