

Monday

Yoga

11 AM - 12 PM



Bingo with Michael

12:30 PM - 1:30 PM

Seated Exercise 1

2 PM - 2.50 PM

STARTING FROM 14 APRIL*

Tuesday

Freestyle Dance

10:15 AM - 11:15 AM

Seated Exercise 2

11:30 AM - 12:20 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 - 1:45PM

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)





Free Hair Cut & Advice session (Appointments Only - fortnightly)

10.30 AM - 12.30 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

 Linkageplus@toynbeehall.org.uk

 The Community Centre, Toynbee Hall,
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