

Centre Opening Hours: 10am - 4pm

## Monday

### Yoga

11 AM - 12 PM (Over 50's)



### Bingo with Michael

12:30 PM - 1:30 PM

### Seated Exercise

2 PM - 2.50 PM (Over 50's)

## Tuesday

### Move & Stretch

10 AM - 11 AM

Women Only

### Seated Exercise 2

11:30 AM - 12:20 PM

(Over 50's)

### Shared Reading Group with Dorothy

1:30 PM - 3 PM

### ELOP LGBT+ Group

4 PM - 8 PM

## Wednesday

### Wellbeing for Over 60's Course

10 AM - 12 PM

### IT and Tech Support Drop-in - with ELBA

12:30 - 2 PM

### Painting with Husna

2 - 4 PM - (Over 50's)

### Play Session - Christchurch Primary School

3:30 - 5:30 PM

## Thursday

### English National Ballet Term time-only

10:30 AM - 11:30 AM  
(Over 50's)

### Community Art Group

11:30 AM - 2 PM

### Conversational English Class - for Beginners -

2-4 PM

To book please call 07943 277 512

### Children's Art Club - Community Centre

4 - 5:30 PM

## Friday

### Songbirds

10:30 AM - 12:30 PM

fortnightly) - (Over 50's)



### Upcycling

10AM - 12PM

Fortnightly

### Film Club

2-4 PM

 Over 50s Only     18+     Families & children

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



0203 856 9721 or 07943 277512



[Linkageplus@toynbeehall.org.uk](mailto:Linkageplus@toynbeehall.org.uk)



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