

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 - 12 PM (Womens only)  
Fitness ,Coffee and Chat

#### Shared Reading Group with Dorothy



1:30 PM - 3 PM

#### ELOP LGBT+ Group

4 PM - 8 PM

### Wednesday

#### Upcycling

10 AM - 12 PM  
(Over 50's)

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

12 -2 PM

#### Painting with Husna

2 - 4 PM - (Over 50's)

#### Play Session - Christchurch Primary School

3:30- 5:30PM

### Thursday

#### English National Ballet Term time-only

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

#### Community Art Group

11:30 AM - 2 PM

#### Community Saunas- Hackney

12-1:30 PM  
To book please call 07943 277 512

#### English Conversation Club

2-4 PM  
To book please call 07943 277 512

#### Children's Art Club - Community Centre

4 - 5:30 PM

### Friday

#### Drop-In & Games

10:30AM - 12:30PM  
Fortnightly

#### Songbirds

10:30 AM - 12:30 PM  
Fortnightly (Over 50's)



#### Film Club

2-4 PM

 Over 50s Only    18+    Families & children

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



**0794 3277 512 or 0203 856 9721**



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



The Community Centre, Toynbee Hall,  
28 Commercial Street, London, E1 6LS

