

Centre Opening Hours: 10am - 4pm

Monday

Yoga

11 AM - 11:45 AM (Over 50's)



Bingo with Michael

12:30 PM - 1:30 PM

Seated Exercise

2PM - 2:50 PM

(Over 50's) Fortnightly

Film Club

2 - 4 PM Fortnightly

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)

Thursday

Community Art Group

10AM- 12 PM

Shared Reading Group

with Dorothy

12 PM- 1:30 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

 Over 50s Only  18+

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



0794 3277 512 or 0203 856 9721



Linkageplus@toynbeehall.org.uk



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