

Spring 2023

If you are interested in any activities please call 0207 531 0190 to register.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Serena English National Ballet Balance Exercise (£1) 10:30am – 11:30am <i>Annabel Close, QVSR, E14 6DF</i></p>	<p>Hub – Myra Exercise, Bingo and Lunch included (£3.5 for Lunch, £1 per game for Bingo) 11am – 2:30pm <i>St. Johns – IOD</i></p>	<p>Hub - Dyane Exercise, Bingo and Lunch included (£4 for Lunch, £1 per game for Bingo) 9:30am – 1pm <i>Saltwell St., E14 0DZ</i></p>	<p>Serena (Chair Yoga) (£1) 10:30am – 11:30am <i>Annabel Close, QVSR,</i> <i>E14 6DF</i></p>	<p>CREATE – Ceramics Workshop (FREE) 11am- 1pm <i>St. Matthias, E14 OAE</i></p>	<p>Dyane Gardening (FREE) 9am – 1:30pm <i>Saltwell St., E14 0DZ</i></p>
	<p>Benefits Advice Drop-In Session (FREE) 12pm – 2pm Every other week <i>St. Johns - IOD</i> Do you need help with Pension Credits, PIP, Attendance Allowance, Housing Benefits? We can also help with Form Filling, Blue Badges, Freedom Passes, Taxi Cards and much more...</p>	<p>Meal Delivery Project Sister Christine (FREE) Help with deliveries appreciated from 11:45am – 12:45pm Vegetable Preparation Every Tuesday and Friday from 9am - 10:30am</p>	<p>Hub - Myra Exercise, Lunch and Bingo included (£3.5 for Lunch, £1 per game for Bingo) 11am – 2:30pm <i>Saltwell St., E14 0DZ</i></p>	<p>Hub – Caroline Exercise, Bingo and Lunch included Health Talks and Workshops (£3.5 for Lunch, £1 per game for Bingo) 11am – 3pm <i>St. Matthias, E14 OAE</i></p>	
	<p>David (Digital Art) (£1) 2pm – 4pm <i>The Guildroom</i></p>		<p>Sister Christine Food Bank (FREE) 11am – 1pm <i>St. Matthias, E14 OAE</i> Only residents from E14</p>	<p>Digital IT Sessions (FREE) 11:30am – 12:30pm <i>St. Matthias, E14 OAE</i></p>	<p style="text-align: center;">Sunday</p> <p>Sister Christine Lunch Club (£3) Last Sunday of every month Saltwell St. E14 0DZ</p>
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