



<p>MON</p>	<p>English National Ballet (£1) 10:30am – 11:30am Annabel Close, QVSR, E14 6DF</p>	<p>Bingo with Rennie 1pm – 3pm The Guild Room, 9 Pekin St, London E14 6EZ</p>
<p>TUE</p>	<p>Lunch Hub – Exercise, Arts & Crafts, Lunch & Bingo 11am – 2:30pm St. John’s Community Centre, 37–43 Glengall Grove, E14 3NE</p>	
<p>WED</p>	<p>Breakfast Club 8:30am – 9:30am Birchfield Community Centre, 50 Saltwell Street, E14 0DZ</p>	<p>Lunch Hub – Exercise, Lunch & Bingo 9:30am – 1pm Birchfield Community Centre, 50 Saltwell Street, E14 0DZ</p>
<p>THU</p>	<p>Chair Yoga (£1) 10:30am – 11:30am Annabel Close, QVSR, E14 6DF</p>	<p>Bloom Buddies Gardening Group 11am – 12pm Birchfield Community Centre, 50 Saltwell Street, E14 0DZ</p>
<p>FRI</p>	<p>Lunch Hub – Workshops/ Activities, Lunch & Bingo included 11am – 3pm The Guild Room, Canton Street, E14 6EZ</p>	<p>Art Sessions 10:30am – 12pm The Guild Room, Canton Street, E14 6EZ <i>(Please give us a call to confirm the dates, as the session does not run every Friday)</i></p>
<p>SUN</p>	<p>Sister Christine Lunch Club One Sunday a month Birchfield Community Centre, 50 Saltwell Street, E14 0DZ</p>	