

Neighbours in Poplar



Today we need you, Tomorrow you may need us

Activities Timetable

January 2024 – March 2024

MON

English National Ballet (£1)
10:30am – 11:30am
Annabel Close, QVSR, E14 6DF

TUE

Lunch Hub – Exercise, Lunch & Bingo included
11am – 2:30pm
St. John's Community Centre, 37-43
Glengall Grove, E14 3NE

WED

Lunch Hub – Exercise, Lunch & Bingo included
9:30am – 1pm
Birchfield Community Centre, 50 Saltwell
Street, E14 0DZ

Hot Dinners Delivery

Please contact Sr. Christine for more information

THU

Chair Yoga (£1)
10:30am – 11:30am
Annabel Close, QVSR, E14 6DF

Lunch Hub – Exercise, Lunch & Bingo included (Myra)

11am – 2:30pm
Birchfield Community Centre, 50 Saltwell
Street, E14 0DZ

FRI

Lunch Hub – Workshops/ Activities, Lunch & Bingo included
11am – 3pm
St. Matthias Community Centre, E14 0AE

IT Nerds Drop-in Sessions

11:30am – 12:30pm
St. Matthias Community Centre, E14 0AE

SUN

Sister Christine Lunch Club
Last Sunday of every month
Birchfield Community Centre, 50 Saltwell
Street, E14 0DZ

Hot Dinners Delivery

Please contact Sr. Christine for more information