

Activities Timetable

April – June 2025

MON	English National Ballet (£1) 10:30am – 11:30am Annabel Close, QVSR, E14 6DF	Bingo with Remie 1pm – 3pm The Guild Room, 9 Pekin St, London E14 6EZ
TUE	Lunch Hub – Exercise, Arts & Crafts, Lunch & Bingo 11am – 2:30pm St. John’s Community Centre, 37-43 Glengall Grove, E14 3NE	
WED	Breakfast Club 8:30am – 9:30am Birchfield Community Centre, 50 Saltwell Street, E14 0DZ	Lunch Hub – Exercise, Lunch & Bingo 9:30am – 1pm Birchfield Community Centre, 50 Saltwell Street, E14 0DZ
THU	Chair Yoga (£1) 10:30am – 11:30am Annabel Close, QVSR, E14 6DF	Bloom Buddies Gardening Group 11am – 12pm Birchfield Community Centre, 50 Saltwell Street, E14 0DZ
FRI	Lunch Hub – Workshops/ Activities, Lunch & Bingo included 11am – 3pm St. Matthias Community Centre, E14 0AE	
SUN	Sister Christine Lunch Club One Sunday a month Birchfield Community Centre, 50 Saltwell Street, E14 0DZ	

Neighbours
in Poplar 
Today we need you, Tomorrow you may need us