

# Neighbours in Poplar



*Today we need you, Tomorrow you may need us*

## Activities Timetable

January 2024 – March 2024

**MON**

**English National Ballet with Serena (£1)**

10:30am – 11:30am  
Annabel Close, QVSR, E14 6DF

**TUE**

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

11am – 2:30pm  
St. John's Community Centre, 37-43  
Glengall Grove, E14 3NE

**Benefits Advice Drop-In Sessions**

12pm – 2pm  
Every other week  
St John's Community Centre, 37-43  
Glengall Grove, E14 3NE

**WED**

**Lunch Hub – Exercise, Lunch & Bingo included (Dyane)**

9:30am – 1pm  
Birchfield Community Centre, 50 Saltwell  
Street, E14 0DZ

**Hot Dinners Delivery**

Please contact Sr. Christine for more  
information

**THU**

**Chair Yoga with Serena (£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 – Exercise, Lunch & Bingo included (Caroline)**

11am – 3pm  
St. Matthias Community Centre, E14 0AE

**IT Nerds Drop-in Sessions**

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

**SAT**

**Gardening Green Fingers (Dyane)**

9am – 1:30pm  
Birchfield Community Centre, 50 Saltwell  
Street, E14 0DZ

**SUN**

**Sister Christine Lunch Club**

Last Sunday of every month  
Birchfield Community Centre, 50 Saltwell  
Street, E14 0DZ

**Hot Dinners Delivery**

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