

Over 55s' Activity Timetable

Summer 2009

For more information call
Helen on 020 7406 7934

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
10.45am-2.30pm Stroke Project	10.45-11.45am Oriental Dance	10.30-11.30am Ladies' Exercise 55+ <i>(not 29 July)</i>	10.30am-11.30am Painting <i>(15 June-6 August)</i>	11.15am-12.15pm Chairobics	1.30-3.30pm Cook and Eat <i>(monthly from 6 September)</i>
1.00pm-3.00pm Jewellery Making <i>(27 July-24 August)</i>	11.00-3.00pm Computing <i>(by appointment)</i>	10.30am-12.00pm Music Appreciation and Singing <i>(from 19 August)</i>	10.30am-11.30am Papier mache <i>(13 August-17 September)</i>	1.30-3.30pm Practical Sewing <i>(August)</i>	
	1.30pm-3.00pm Darts <i>(August)</i>	1.00-4.00pm Short Mat Bowls <i>(not 29 July)</i>	12.15-1.15pm Salsa <i>(not 30 July)</i>	2.00-4.00pm Aquarobics	
	3.30-5.00pm Yoga	1.30-4.30pm Computing <i>(by appointment)</i>	1.45-2.45pm Line Dancing	2.00-4.00pm Digital Photography	
	2.00-4.00pm 21 July Forum <i>(Millman Street)</i>	3.00-5.00pm Carer's Support <i>(fortnightly)</i>	1.30-4.30pm Computing <i>(by appointment)</i>	1.30-4.00pm 28 August Summer BBQ <i>(Millman Street)</i>	

Lunch served Monday to Friday 11.45am at Millman Street Resource Centre for Camden over 60s.

Millman Street Resource Centre
 Bedford House Community Centre
 Special events