

CAXTON **ACTIVITY SCHEDULE**

Autumn - Winter 2020

DAY	TIME	ACTIVITY	FORMAT	INFO
MONDAYS	2.00 - 3.00pm	Women's Walking Group	Various Location Outdoors	Enjoy the outdoors and get fit whilst doing so. Group led by Jackie, for women who enjoy strolling around the local area. (Socially Distanced)
TUESDAYS	1.00 - 3.00 pm	Knit and Natter	ZOOM Telephone or Video Call	Come and take part in a knit and natter Session, catch up with fellow knitters, share tips and advice and have a good chat at the same time.
TUESDAYS	10.30am - 12.00 pm	Social Walking Group	Various Locations - Outdoors	Enjoy the outdoors and get fit whilst doing so. Group led by Phillip, for those who enjoy strolling around the local area. (Socially Distanced) For more info, please contact us on: 020 3954 3202
WEDNESDAYS	10.30 - 11.00 am	Playlist For Life	ZOOM Telephone or Video Call	Love Music? Then come join us for a journey through music of your choice, create your own playlist of songs and join in with shared musical experiences.
WEDNESDAYS	Various 45 minute sessions	Outdoor Cycling Group	Victoria Park - Outdoors	Join in this relaxed bike group, helmets and bike provided, including 3 wheelers. For more info, please contact us on: 020 3954 3202
WEDNESDAYS	12.00 - 1.00 pm	Virtual Quiz - with Richard	ZOOM Telephone or Video Call	Whether you're a quizzing regular or newbie, there'll be rounds to suit everyone in this fun and informal quiz.
WEDNESDAYS	1.30 - 2.30 pm	Social & Games Group - with Caroline	ZOOM Telephone or Video Call	Catch up with other people and join in with some fun and friendly activities and games in this social group.

CAXTON **ACTIVITY SCHEDULE Continued**

JUNE 2020

DAY	TIME	ACTIVITY	FORMAT	INFO
WEDNESDAYS	3.00– 4.00 pm	The Reader Book Group	ZOOM Telephone or Video Call	Come and join us in this relaxed and friendly group where you can read books, stories, poetry to share view points, learn new Authors and write your own literary pieces.
FRIDAYS	11am - 12 pm	English Conversation for Beginners - with Caroline	ZOOM Telephone or Video Call	Come and learn the basics and practice your English with Caroline in this informal group.
FRIDAYS	1.00 - 2.00 pm	Food and Cookery Group	ZOOM Telephone or Video Call	Discuss various cooking skills, recipes and more in this informal group.
FRIDAYS	1.30 - 2.30 pm	Seated Yoga	ZOOM Telephone or Video Call	Get fit and supple from the comfort of your own home in this relaxed and easy going exercise session.

How to join an activity:

If you are interested in joining one of our sessions, please contact us Here or email on: caxtonhall@ageukeastlondon.org.uk

Alternatively, call Jackie Tillyard on: 020 3954 3202 or Richard Farnos on: 07548 642 146

Please note that activities accessed via telephone call will be charged at the standard call charge rate per minute.