



CAXTON HALL *Activities Listing*



Caxton Hall
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Registered charity number 1144535. Company number 7687015.



Summer 2021



In Caxton Hall

Monday

10.00 am-11.00am

Light Exercise

Help build up some core strength with gentle exercise. **Cost £1**

11.00am - 12.30 pm

IT Class

Learn digital skills such as using emails make a Zoom call, and more...
Booking is required. There may be a waiting list. **Cost £1**

Tuesday

10.00 - 2.30pm

Information & Advice

Free and impartial advice from qualified advisors. Appointment only.

10.30 - 12 pm

IT Class

Learn digital skills such as using emails, make a Zoom call, and more...
Booking is required. There may be a waiting list. **Cost £1**

Wednesday

9.30 am - 11.30 am **Ekota – Bangladeshi Women's Group**

Friendly independent Muslim Bangladeshi Women's Group with faith social activities.

3.00—4.00 pm

Readers Group

Come and join us in this relaxed and friendly group where you can read stories and poetry, and explore their meanings and more.

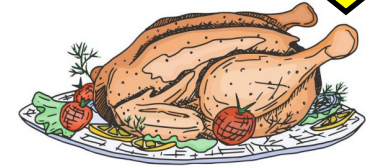
Luncheon Club

£5

12.00 pm - 1.00 pm

Monday Roast

At traditional roast (usually chicken) with all the trimmings.



Curry Tuesday

A variety of curries made by our chef, Rahena –Varies each week.



Wednesday Pie Day

Traditional pies from Steak pie to shepherd's pies—varies each week



Italian Thursday

Varies Italian Dishes from spaghetti Bolognese to Lasagne.—varies each week.

Friday Fish on Friday

Classic Fish and Chips brought from the Saucy kipper.



All meals come with deserts. Meal must be ordered at least the day before, except Fish on Friday where you can order on the day provided you get to Caxton by 11.00 am. All meals cost £5.00.

Please make staff aware of any allergies or dietary requirements.

On Zoom Activities

Wednesday

10.00 am – 11.00 am **Playlist For Life**

Love Music? Then come join us for a journey through music of your choice and join in with shared musical experiences.

Varies meetings about a range of issues or the development of Caxton hall and its services

12 pm – 1.00pm **Virtual Quiz**

Whether you're a quizzing regular or newbie, there'll be rounds of questions to suit everyone in this fun and informal quiz.



12.30 pm - 1.30pm **Readers Group**

Come and join us in this relaxed and friendly group where you can read stories and poetry, and explore their meanings and more.

For Zoom log in details or IT support please contact staff.

1st Thursday

10.00 - 11.00 Am **Caxton Forum**

Discussions about the development of our services as well as external speakers .

2nd and 4th Thursday

10.00 am - 11.30 am **Stroke Group**

Information, support and little exercises for people who have had a stroke. **Cost £1.**

3rd Thursday

10.00 - 11.30 Am **Wellbeing and Mindfulness**

Delivered by a NHS professional, with useful talks on wellbeing and mindfulness.

1.30 pm – 2.30 pm **Seated Yoga**

Get fit and supple in this relaxed and easy going exercise session. For all levels of experience. **Cost £2**

Friday

11.00 am -12.00 am **English Conversation for Beginners**

Come and learn the basics and practice your English with Caroline, in this informal group.

1.00 pm - 3.00 pm **Games Afternoon**

Enjoy playing a range of card, board games, including Domino's and Backgammon.

2.00 pm - 3.00 pm **Picture IT**

Build your photography skills in our digital photography sessions.

Around Bow

Monday

2.00 pm - 3.00 pm **Women's Walking Group**

Enjoy the outdoors and get fit whilst doing so. Group led by Janet for women who enjoy strolling around the local area.

Various Locations

2.30 pm - 4.00pm **Indoor Bowls**

Enjoy a few games of indoor bowls or just watch and enjoy with a friend.

Tredegar Community Centre



Tuesday

10.30 am - 12.00 pm **Social Walking Group**

Enjoy the outdoors and get fit whilst doing so! Group led by Phillip, for those who enjoy strolling around the local area.

Various locations

1.00 pm - 3.00 pm **Knit and Natter**

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.

Old Ford Methodist Church

Wednesday

9.30 am - 11.30 am **Cycling Group**

Join in this relaxed bike group. Helmets and bike provided; including three wheeler bikes.

Victoria Park



Thursday

1.30 pm - 4 pm **The Bow Bells**

Friendly self-organised women's group with speakers, activities and bingo.

Butley Court

Friday

10.00 am - 4pm **Freedom Pass Group**

Trips to attractions in and around London. Traveling using your Freedom Pass. Involves walking and will be by Booking only.

Meet up at various places around Bow then travel to attraction

Various locations