

## Weekdays

9 am - 3pm

Cafe

A range of beverages and light snacks including sandwiches, bake potato's etc See Menu for more details . Prices from **50p to £1**

12 noon

Luncheon Club

A range of main meal from Curry to Fish and chip and deserts served at one sitting. Must be ordered in advance . See Menu for more details . All meals cost **£5.00.**



Caxton Hall  
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Bow  
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Registered charity number 1144535. Company number 7687015.



## CAXTON HALL *Activities Listing*



## Spring 2022



## 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**

**1.30 pm - 2.30pm**      **Chi Kong**

Exercise and mediate with Chi Kong (a form of Tai Chi) **Cost £2**

## On Zoom

### 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.

**11.15 am - 12.00 pm**      **Virtual Quiz**

Why not enjoy and brains teasing session with this online general knowledge 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.**

## Around Bow



### 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**, Parnell Road, E3 2JU

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

Friendly self-organised women's group with speakers, activities and bingo. **Cost £1**

**Butley Court**, Ford Street, E3 5LT

#### 2.30 pm - 3.30 pm **Coffee Afternoon and Ruth Court**

A friendly afternoon coffee and natter.

**Ruth Court**, Medway Road, E3 5DS

#### 2.00 pm –4.00pm **Coffee Afternoon @ St Paul's Way**

Jointly with HARCA we run a weekly coffee afternoon at the St Paul's Way Community Centre.

**St Pauls Way Community Centre**, 83 St Paul's Way, E3 4AJ

### Wednesday

#### 12.30 - 1.30 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.

#### 1.30 pm - 3 pm **Pool and Darts**

An opportunity to play traditional 'pub' games such as pool and darts

### Thursdays

#### 1st Thursday

#### 10.00 - 11.00 Am **Caxton Forum**

Discussions about the development of our services and 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.

#### Every Thursday

#### 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**

## In Caxton Hall



### Every Friday

#### 11.00 am - 12.00 am Every Friday Kung Chi

Gentle breathing exercise with movement

#### 2.00 pm - 3.00 pm Picture IT

A 6 week course to build your photography skills in our digital photography sessions. Booking required.

### 1st and 3rd Friday

#### 1.30 pm - 2.30pm Indoor Bowls

A playful game of indoor bowls where most of us are beginners

### 2nd Friday

#### 1.30 pm - 2.30 pm Bingo

Join us for a few sets of Bingo with useful prizes £1

### 4th Friday

#### 1.30 pm - 2.30pm Karaoke

Join Laurence with our monthly sing-song £1

## 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:** Talk to staff

#### 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,** Morville Street, E3 2DZ

### Tuesday

#### 10.30 am - 12.00 pm

#### Social Walking Group

Led by Phillip, for those who enjoy strolling around the local area.

**Various locations:** Talk to staff

#### 10.30 am - 11.30 am

#### Coffee Morning at St Paul Way

Jointly with HARCA we run a weekly coffee morning at the St Paul's Way Community Centre.

St Paul's Way Centre, 83 St Paul Way, E3 4AJ

#### 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,** Old Ford Road, E3 2LY