

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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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**

2.30 pm - 3.30 pm **Crochet with Claudia**

Learn undertaking a range of crafts from card making to macramé in
Come on long and get involved with crochet and embroidery projects with Claudia. **Cost £1.50**

Tuesday

10.00 - 2.30pm **Information & Advice**

Free and impartial advice from qualified advisors. Appointment only.

10.00 am - 12.00 am **Craft Group**

Learn undertaking a range of crafts from card making to macramé in a
friendly session **Cost £1.50**

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**

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

Friday

10.30 am – 12.00 pm **Friday Walking Group**

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

Various locations: Talk to staff

Wednesday

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

10 am - 1pm **Digital Drop – In**

1 to 1 support sessions. To help with digital equipment whether mobile phones, tablets or laptops. On a first come first served basis

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 pm **Chi Kong**

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

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

Come and learn the basics and practice your English.

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

11.00 am—11.00 am

Fun at Donnybrook

Enjoy a range of activities in Donnybrook including listening to music. And tea and coffee.

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

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