

Weekdays

9 am - 3pm

Cafe

A range of beverages and light snacks including sandwiches, baked 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 Chips 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*



Autumn/Winter 2022



In Caxton Hall

Monday

10.00 am - 11.00am **Light Exercise**

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

1.00 pm - 2.00 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**

Come on long and get involved with crochet and embroidery projects with Claudia. **Cost £1.50**

Tuesday

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**

1.30 pm - 3 pm **Bow Haven**

Peer support group for people how have had mental health issues

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 **Seated Exercise at Ruth Court**

Do some light seated exercise with Caroline.

Ruth Court, Medway Road, E3 5DS

Friday

10.30 am – 12.00 pm **Mile End Walkers**

Led by volunteer Phillip, for those who enjoy a more rigorous walk.

Meet outside Mile End Tube Station

Wednesday

10.00 am - 11.45 am **Ekota's Women's Group**

A local Muslim Woman's group that learns and explores the Quran

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

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

2pm - 3 pm **Picture IT**

Creative Digital Photography classes. Booking required.

Thursdays

2nd and 4th Thursday

10.00 am - 11.30 am **Stroke Group**

Information, support for people who have had a stroke.

3rd Thursday

10.00 - 11.30 Am **Wellbeing and Mindfulness**

Delivered by a NHS professional, with useful talks on wellbeing/health

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 **Chair Based Exercise**

Get fit and supple in this easy going exercise session. **Cost £1**

In Caxton Hall

Every Friday

10.45 am - 11.45 am 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 language

1st Friday

1.30 pm - 2.30pm 'Pub' Quiz

Our monthly pub style quiz with prizes for the winning team. **£1**

2nd Friday

1.30 pm - 2.30 pm Bingo

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

3rd Friday

1.30 pm - 2.30 pm Friday Forum

Monthly forum to hear speakers and contribute your ideas about development of services in Caxton

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

Music 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

11.00 am - 12.00 pm

Bow Strollers

A short stroll around Bow, led by volunteer Phil.

Meet in foyer of the Ideas Store (library) in Roman Road

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