



MARCH 2024

FREE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**Brunch Club
11.30am
@ Club Row**

**Arts & Crafts Class
10.30am
@ Club Row**

**Dancercise 4 Women
11.30am
@ Tarling Centre**

**Chit Chat Chai
10.30am
@ Club Row**

**Yoga 1pm
@ Club Row**

**Women's Walking
Netball
12pm @ Club Row
Starts 6th Feb**

**Strength Training
2pm
@ Club Row**

**Bingo
1.30pm @
Mandela House**

**Seated Exercise 2pm
@ Tarling Centre**

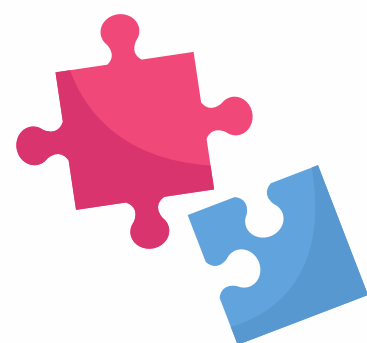
Important dates:

14th March Scam Awareness Workshop

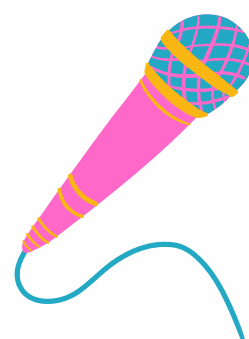
21st March- Money & Mental Health Workshop

**25th March- April 1st Programme closed for Easter
Break- No sessions**

18 Club Row, Shoreditch E2 7EY 02077398066



**Over 50's
Programme**





St Hilda's East Over 50's Feeling Good

Join us for:

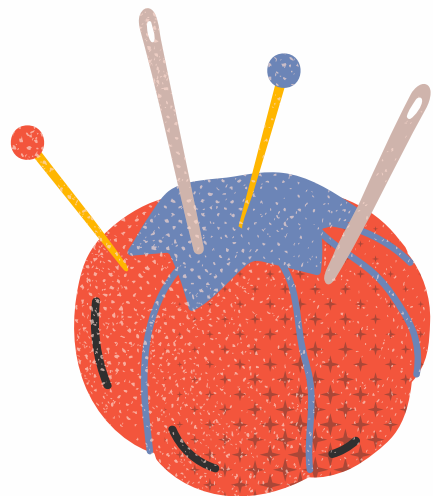
Arts & Crafts

Dance classes

Bingo

Coffee mornings

& much more!



EMAIL SHANTALLE@STHILDAS.ORG.UK OR CALL 02077398066

**ST HILDA'S EAST COMMUNITY CENTRE
18 CLUB ROW, SHOREDITCH E2 7EY**