



# APRIL 2024

**FREE**



**MONDAY**

**Brunch Club  
11.30am  
@ Club Row**

**Seated Exercise 2pm  
@ Tarling Centre**

**Coming Soon:  
Men's Group!**

**TUESDAY**

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

**Walking Group  
1pm @ Club Row  
Starts 30th April**

**Important dates:**

**Thursday 18th April 'Falls and Trips Talks'  
Saturday 20th April Sadlers Wells Performance**

**18 Club Row, Shoreditch E2 7EY 02077398066**

**WEDNESDAY**

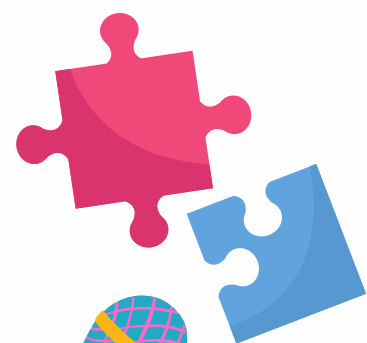
**Dancercise 4 Women  
11.30am  
@ Tarling Centre**

**Strength Training  
2pm  
@ Club Row**

**THURSDAY**

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

**Bingo  
1.30pm @  
Mandela House**



**Over 50's  
Programme**



# St Hilda's East Over 50's Feeling Good



Join us for:

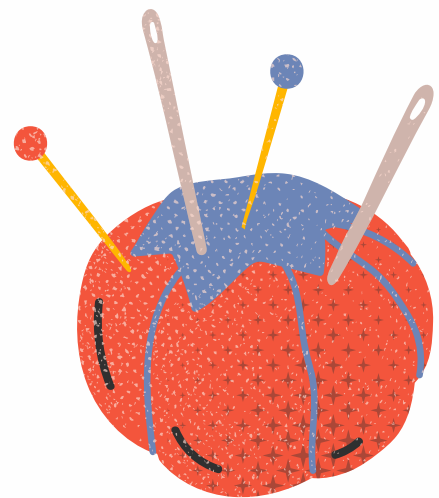
Arts & Crafts

Dance classes

Bingo

Coffee mornings

& much more!



EMAIL [SHANTALLE@STHILDAS.ORG.UK](mailto:SHANTALLE@STHILDAS.ORG.UK) OR CALL 02077398066

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