



MAY 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**

WEDNESDAY

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

**Strength Training
2pm
@ Club Row**

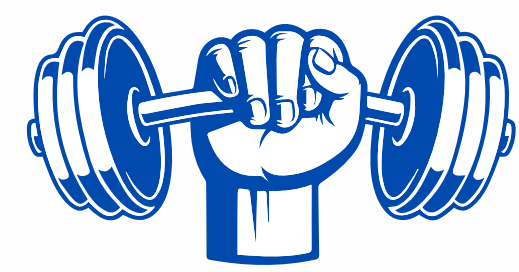
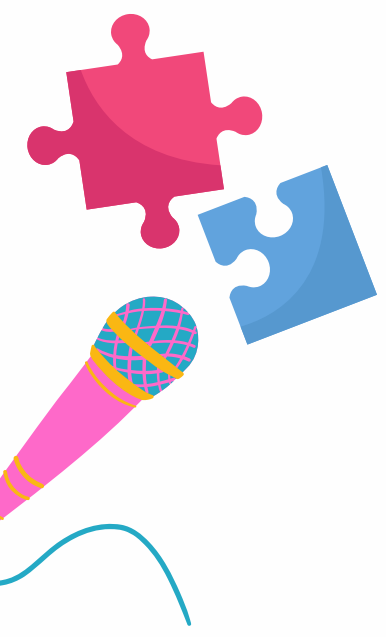
THURSDAY

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

**Bingo
1.30pm @
Mandela House**

Important dates:
Monday 6th May Bank Holiday No session
**Monday 20th May Shoreditch Tea and Dance
(Charged event)**
Monday 27th Bank Holiday No session
18 Club Row, Shoreditch E2 7EY 02077398066

**Over 50's
Programme**





St Hilda's East Over 50's Feeling Good



Join us for:

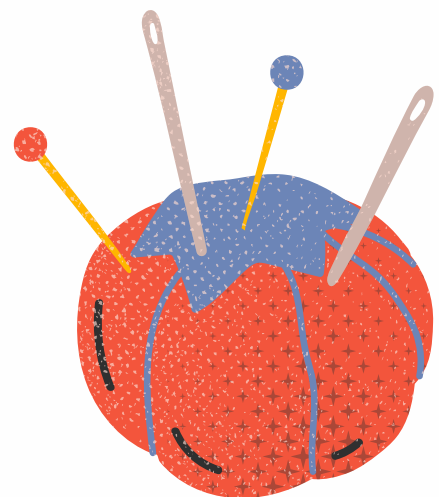
Arts & Crafts

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**