



Caxton Hall Activity Schedule

Spring - Summer 2024 V.3



Caxton Hall Activity Centre

Address: Caxton Hall Community Centre, Caxton Grove,
Bow, London, E32EE

Tel: 020 8981 7124 (Press Extension 3 then Option 1)

Email: caxtonhall@ageukeastlondon.org.uk

Activities at Caxton Hall

MONDAYS

TIME	SESSION	COST	INFORMATION
10 am - 11am	Light Exercise	£1.00	Help build up some core strength with gentle exercise.
1.30 - 3.00pm	Art Group	£1.00	Come along to learn and share creative skills in this informal art group.

TUESDAYS

TIME	SESSION	COST	INFORMATION
1.30 - 2.30/3.00pm	<u>Rota Sessions</u>	FREE	Attend a different type of activity each week, from the fun <i>'Play your Cards Right'</i> game, to sharing life stories and a lively discussion group, or listen to your favorite music tracks also!
	Week 1: Play Your Cards Right		
	Week 2: Our Lives		
	Week 3: Discussion Group		
	Week 4: Music, Name your Tune		

WEEKDAYS

Monday - Friday

TIME	SESSION	COST	INFORMATION
9am - 3.00pm	Caxton Café	Varies	A range of beverages and light snacks including sandwiches, baked potato's etc. See Menu for more details.
12 Noon - 1pm	Lunch Group	£6.00	A range of main meals 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 £6.00.
1.30pm - 3.30pm Except Thursday and Fridays - start at 2.30pm	Trivial Pursuit	FREE	Come along to test your general knowledge skills with the fun Trivial Pursuit board game session.

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Online Activities

WEDNESDAYS

TIME	SESSION	COST	INFORMATION
10.00 - 11am	Playlist for Life	FREE	Love Music? Then come join us for a journey through music of your choice and join in with shared musical experiences.
12.30 - 1.30pm	The Reader Group	FREE	<p>Come and join us in this relaxed and friendly group where you can read stories and poetry, and explore their meanings and more.</p> <p>For access details or IT support please contact staff.</p>



WEDNESDAYS

TIME	SESSION	COST	INFORMATION
10am - 11.45am	Ekota's Women's Group	FREE	Local Muslim woman's groups that learns and explores the Quran.
10am - 1.00pm	Digital Drop In	FREE	<p>1 to 1 support session with a volunteer to support with your mobile phones, tablets or laptops queries. (On a first come first served basis).</p>
1.30 - 3.00pm	Pool and Darts	FREE	An opportunity to play traditional 'pub' games Pool and Darts.



Activities at Caxton Hall

THURSDAYS

Fortnightly

TIME	SESSION	COST	INFORMATION
10.30 - 11.30 am	Stroke Group	£1.00	Information, talks & peer support for people who have had a stroke. You will listen to the pod then discuss the topic the following session. It will be run by a medical journalist, Michael Mosley, and is about 'just one thing' to change your life, for example taking vitamin D daily or a daily dose of laughter.
10.30am - 11.30am	'Just One Thing ' Podcast Session		

Once a Month

1.30 - 3.00pm	Wellbeing & Mindfulness	FREE	Delivered by a NHS professional, with useful talks on wellbeing (see monthly list for dates).
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Every Thursday

1.30 - 2.30pm	Chair Exercise	£1.00	Get fit and supple in this easy going exercise Session with Caroline/Jackie.
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Around Bow



TUESDAY

TIME	SESSION	COST	INFORMATION
2.30 - 3.30 pm	Seated Exercise at Ruth Court	FREE	Join in with some light seated exercise with Caroline at Ruth Court, Medway Road, E3 5DS.



Around Bow



TUESDAY

TIME	SESSION	COST	INFORMATION
1.00 - 3.00pm	Knit and Natter	FREE	<p>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.</p> <p>Held at: Old Ford Methodist Church, Old Ford Road, E3 2LY.</p>

Activities at Caxton Hall

FRIDAYS

TIME	SESSION	COST	INFORMATION
1.30 - 3.00pm	English Conversation	FREE	Come and learn the basics and practice your English language.
1st Friday of Month			
1.30 - 2.30pm	Pub Quiz	£1.00	Our monthly pub style quiz with prizes for the winning team £1.
2nd Friday of Month			
1.30 - 2.30pm	Bingo	£1.00	Join us for a few sets of Bingo with useful prizes!
3rd Friday of Month			
1.30 - 3.00pm	Friday Forum	FREE	Monthly forum to hear speakers and contribute your ideas about development of services in Caxton.
4th Friday of Month			
1.30 - 2.30pm	Karaoke	FREE	Join our volunteer CJ with our monthly sing-song.

March 2024 at Caxton Hall

Friday 1st March	Bingo! Join a fun game of bingo with prizes. 1.30 pm to 3.00pm	£1
Monday 4th March	Art Session Enjoy an afternoon of painting and drawing. All skill levels are welcome. 1.30 pm to 3.00pm	£1
Friday 8th March	International Woman's Day quiz Pub quiz style Quiz with prizes the theme being woman's lives and achievements. 1.30 pm to 3.00pm	£1
Friday 15th March	Friday Forum Help develop Caxton service with your views and ideas and get the news an information. 1.30 pm to 3.00 pm	Free
Monday 18th March	St Patrick Day Party Enjoy the craic with our annual St Patrick Day's Party. Lunch will be Colcannon. In the afternoon of Irish Music. 12 noon to 3.00 pm	Free
Wednesday 20th March	Challenging Ageism Come on join a discuss about ageism and how to tackle it. The format has yet to be determined. Times to be confirmed.	Free
Friday 22nd March	Karaoke Join CJ and JB for our monthly sing-along-a song! This month's theme is Movies for March. 1.30 pm to 3.00pm	Free
Thursday 28th March	Easter Play Your Cards Right Enjoy an afternoon Play Your Cards Right and win an Easter Egg or two. 1.30 pm to 3.00pm	£1

Please Note that Caxton Hall will be closed on the 29th of March and the 1st April

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