

## Where will your activity take place?

Morrisons - Aylesham Centre, Rye Lane  
SE15 5EW

All Saints Church - Blenheim Grove, SE15 4QS

Creation Trust, Missenden Rd, SE15

Stones End Day Centre, 11 Scovell Road,  
SE1 1QQ

Friary Estate - Community Hall,  
33 Frensham Street, SE15 6TH

The Old Peckham Library, right opposite  
Peckham Library, on Peckham Hill Street

Surrey Quays Gala Bingo, SE16 7LW

Yalding Healthy Living Centre, SE16 3TY

Some of these activities are currently funded by  
Southwark Charities and the Big Lottery



Follow us on twitter @AgeUKLS & Facebook  
<https://communitieslivingwell.wordpress.com>



## Communities Living Well

Free activities for adults over 50s

March 2017

CLW brings free activities to the community. We are working with local groups and businesses to offer more to people aged 50 and over to improve their social networks, health & mental wellbeing... and have fun!



**Pop in to our social club at  
Morrisons Cafe**

**Find out more about activities by calling the  
Communities Living Well Team on:**

**020 7237 0860**

## TUESDAY

**Zumba Gold** - 11am

at Friary Estate Hall

**Tuesday Club** - 1pm

at Creation Trust

- Blue huts

## WEDNESDAY

**FULA - Latin American**

**Elders** - 3:30pm

at Stones End Day Centre

- IT and Smartphones

- Free Hair cuts for FULA members

**Parkour Dance** 1.30pm -

*Yalding*

## FRIDAY

**Pop in Café** - 10am

at Morrisons, Peckham

**MenDERS Club**- 12pm at

the Old Peckham Library

**FULA - Latin American**

**Elders (LAWRS)** - 3:30pm

at Stones End Day Centre

## SATURDAY

**MenDERS Club**- 12pm at

the Old Peckham Library

**Bingo Coffee Morning**

- 1030am Surrey Quays

Gala Bingo

If you would like any more information, please contact us on:

020 7358 4079

living.well@ageuklands.org.uk

## March 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## Monthly Events

**SATURDAY 1ST MARCH** - 5-7pm

Pampering and Nail Painting at Foodcycle  
*All Saints Church*

**WEDNESDAY 8TH MARCH** - 1.30-2.15pm

International Women's Day Talk.  
How womens lives have changed since  
1917 *Yalding*

