

Neighbours in Poplar



Today we need you, Tomorrow you may need us

Activities Timetable

Jan – Mar 2025

Contact us for further information

MON	English National Ballet (£1) 10:30am – 11:30am Annabel Close, QVSR, E14 6DF	Bingo with Rennie 1pm – 3pm The Guild Room, 9 Pekin St, London E14 6EZ	
TUE	Lunch Hub – Exercise, Lunch & Bingo included 11am – 2:30pm St. John's Community Centre, 37-43 Glengall Grove, E14 3NE		
WED	Breakfast Club 8:30am – 9:30am Birchfield Community Centre, 50 Saltwell Street, E14 0DZ	Lunch Hub – Exercise, Lunch & Bingo included 9:30am – 1pm Birchfield Community Centre, 50 Saltwell Street, E14 0DZ	Hot Dinners Delivery Please contact for more information
THU	Chair Yoga (£1) 10:30am – 11:30am Annabel Close, QVSR, E14 6DF	Memory Lane – Dementia Project 11am – 2:30pm Birchfield Community Centre, 50 Saltwell Street, E14 0DZ	Bloom Buddies Gardening Group 11am – 12pm Birchfield Community Centre, 50 Saltwell Street, E14 0DZ (4 Week Project)
FRI	Lunch Hub – Workshops/ Activities, Lunch & Bingo included 11am – 3pm St. Matthias Community Centre, E14 0AE		
SUN	Sister Christine Lunch Club Last Sunday of every month Birchfield Community Centre, 50 Saltwell Street, E14 0DZ	Hot Dinners Delivery Please contact for more information	