

# Neighbours in Poplar



Today we need you, Tomorrow you may need us

## Activities Timetable

Summer 2024

Contact us for further information

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