# Custom House & Canning Town Community Neighbourhood Centre Activities

**Monday**
- **Chair Based Exercise** 9.30-10.30am
  - Seated low impact exercises
  - Get Active, Get Healthy for over 55s
  - Custom House Library

- **Storytelling with Edith Kerrison** 10.30-11.15am
  - Engaging storytime for under 5s
  - Custom House Library

**Tuesday**
- **Zumba** 12.30-1.30pm
  - Low impact aerobics
  - Get Active, Get Healthy for over 55s
  - Canning Town Library

- **Chair Based Zumba** 1.30-2.30pm
  - Seated low impact exercises
  - Get Active, Get Healthy for over 55s
  - Canning Town Library

- **Do it Online** 1-2.30pm
  - Interested in improving your computer skills? Come along and join our 6 week course, booking required
  - Canning Town Library

- **Custom House Crafty** 1-3pm
  - Coffee Club
  - Come along and meet new people while making something crafty
  - Custom House Library

- **Games Club** 3.45-4.45pm
  - Come along and play a variety of games including Play station and board games
  - Ages 5-16yrs
  - Term time only
  - Custom House Library

- **Lego Club** 5-6pm
  - Show us your building skills, including Play station and board games
  - Ages 5-12 yrs
  - Term time only
  - Custom House Library

- **Line Dancing** 6.30-7.30pm
  - Come along and learn some new dance moves.
  - Get active Get Healthy for over 55s
  - Canning Town Library

**Wednesday**
- **Coffee Morning** 11am-12.30pm
  - Come and join us during our coffee morning sessions to have a chat and find out more about what's happening in our neighbourhood.
  - Custom House Library

- **Line Dancing** 11-12pm
  - Come and learn some new dance moves.
  - Canning Town Library

- **Adult's Book Club** 3.30-4.30pm
  - Share your love of reading, review and discuss the book of the month, join our friendly welcoming book club.
  - Last Tuesday of each month, refreshments provided
  - Canning Town Library

- **Teen Reading Group** 5-6pm
  - First Tuesday of every month.
  - Join in the discussion about your latest favourite read
  - Ages 13-17
  - Canning Town Library

- **BoxFit** 6-7pm
  - Fun exercise class based on the training boxers use to keep fit
  - Ages 18+
  - Canning Town Library

- **_storytelling with Edith Kerrison**
  - Engaging storytime for under 5s.
  - Custom House Library

**Thursday**
- **Coffee Morning** 10.45-12pm
  - Come and join us during our coffee morning sessions to have a chat and find out more about what's happening in our neighbourhood.
  - Custom House Library

- **Mum2Mum** 11am-1pm
  - Conversation Café
  - Come along and meet other mums and feel connected in your local community.
  - Canning Town Library

- **Grants Drop-in Sessions** 11am-12pm
  - Hear how we can support you to apply for a Go Fund It Grant or Lots Get the party Started funding to get your idea up and running in your local Community
  - Canning Town Library

- **Bingo Club for adults** 1-3pm
  - Have a fun game of Bingo and meet new people.
  - Custom House Library

- **Teen Reading Group** 5-6pm
  - First Tuesday of every month.
  - Join in the discussion about your latest favourite read
  - Ages 13-17
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- **BoxFit** 6-7pm
  - Fun exercise class based on the training boxers use to keep fit
  - Ages 18+
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- **Coffee Club** 5-6.30pm
  - Learn to play chess at our weekly club or you can play a game with a friend
  - Ages 5-12 yrs
  - Custom House Library

- **Coffee Morning** 10.45-12pm
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- **Fun Painters Crafts** 2-3pm
  - Come and have fun at our session making seasonal crafts, masks, cards, puppets and various toys and gifts.
  - Ages 5-12 year
  - Canning Town Library

- **Chess Club** 5-6.30pm
  - Learn to play chess at our weekly club or you can play a game with a friend
  - Ages 5-12 yrs
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- **Latino Aerobics** 11.45-12.45pm
  - Fun fitness sessions Get healthy and active for the over 55s
  - Canning Town Library

- **Creative Writing** 6.15-7.45pm
  - Do you enjoy writing?
  - Fantasy trying your hand at different genres or need some help to get your creative juices flowing?
  - Come and join Ingeenium for our inspirational creative writing workshop.
  - Canning Town Library

**Friday**
- **Coffee Morning** 10.45-12pm
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- **Adults Chess Club** 6.30-7pm
  - Learn to play chess at our weekly club or you can play a game with a friend
  - Canning Town Library

- **Yoga** 10.30-11.30am
  - Build strength and tone muscles.
  - Can help relieve body pain, stiffness and fatigue.
  - Get Active, Get Healthy session for the over 55s.
  - Canning Town Library

- **Over 60s Social Club** 12.45-2pm
  - Social Club with Dummines and Board games
  - Canning Town Library

- **Jigare** 1.30-2.30pm
  - Music and movement for under 5’s
  - Canning Town Library

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**Saturday**
- **Councillor Surgery** 10-11am
  - Drop in session to meet and get support from your local councillor
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Please contact Custom House Library on 0203 373 0855 or Canning Town Library on 0203 373 0854.

Email: CN.CustomHouseCanningTown@newham.gov.uk

Custom House Library, Prince Regent Lane E16 3JJ
Canning Town Library, 18 Rathbone Market, Barking Road E16 1EH