## EAST HAM COMMUNITY NEIGHBOURHOOD CENTRE AND LIBRARY ACTIVITIES

### Monday
- **Pilates and Back Gentle** 10-11am
- **Life in the UK Class** 10am-12pm
- **Storytime** 10.30-11.30am
- **Coffee Morning** 10am-12pm
- **Art and Crafts** 1.30-3pm
- **MoveMe Dance Class** 1.30-2.30pm
- **Yoga** 6.30-7.30pm
- **Do it Online** 10am-12pm
- **Lunch Club** 12-1pm
- **MoveMe Dance Class** 4.15-7.15pm
- **Youth Drop In** 4.15-6.15pm
- **Chess Clubs** All welcome

### Tuesday
- **Pilates** 8.10-8.55am
- **Coffee Morning** 10am-12pm
- **Storytime** 10.30-11.30am
- **Coffee Morning** 10am-12pm
- **Arts and Crafts** 1.30-3pm
- **MoveMe Dance Class** 1.30-2.30pm
- **Yoga** 6.30-7.30pm
- **Do it Online** 10am-12pm
- **Lunch Club** 12-1pm
- **MoveMe Dance Class** 4.15-7.15pm
- **Youth Drop In** 4.15-6.15pm
- **Chess Clubs** All welcome

### Wednesday
- **Life in the UK Class** 10am-12pm
- **Music and Movement** 11am-12pm
- **Line Dancing** 12.15-1.15pm
- **Chatterbooks Club** 4-5pm
- **Creative Writing and Poetry** 6-7.30pm
- **Art and Crafts** 1.30-3pm
- **MoveMe Dance Class** 1.30-2.30pm
- **Yoga** 6.30-7.30pm
- **Do it Online** 10am-12pm
- **Lunch Club** 12-1pm
- **MoveMe Dance Class** 4.15-7.15pm
- **Youth Drop In** 4.15-6.15pm
- **Chess Clubs** All welcome

### Thursday
- **Yoga** 8.10-8.55am
- **Music and Movement** 11am-12pm
- **Line Dancing** 12.15-1.15pm
- **Chatterbooks Club** 4-5pm
- **Creative Writing and Poetry** 6-7.30pm
- **Art and Crafts** 1.30-3pm
- **MoveMe Dance Class** 1.30-2.30pm
- **Yoga** 6.30-7.30pm
- **Do it Online** 10am-12pm
- **Lunch Club** 12-1pm
- **MoveMe Dance Class** 4.15-7.15pm
- **Youth Drop In** 4.15-6.15pm
- **Chess Clubs** All welcome

### Friday
- **Chair Based Exercise** 10.30-11.30am
- **Little Rhymers** 10-10.45am
- **Creative Writing and Poetry** 6-7.30pm
- **Chess Clubs** 5.30-7.30pm
- **Reading Group** 6.30-7.30pm
- **Chess Clubs** 5.30-7.30pm
- **Reading Group** 6.30-7.30pm
- **Chair Based Exercise** 10.30-11.30am
- **Little Rhymers** 10-10.45am
- **Creative Writing and Poetry** 6-7.30pm
- **Chess Clubs** 5.30-7.30pm
- **Reading Group** 6.30-7.30pm
- **Chess Clubs** 5.30-7.30pm

### Saturday
- **Lego Club** 1-2pm
- **Creative Writing and Poetry** 6-7.30pm
- **Chess Clubs** 5.30-7.30pm
- **Reading Group** 6.30-7.30pm
- **Chess Clubs** 5.30-7.30pm
- **Reading Group** 6.30-7.30pm

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* - Please contact East Ham Community Neighbourhood team on 020 3373 0827 or email CN.Eastham@newham.gov.uk.

EHCNCL - East Ham Community Neighbourhood Centre and Library, 328 Barking Road, E6 2RT
BDCA - Bonny Downs Community Association, The Well Community Centre, 49 Vicarage Lane, E6 6DQ
SPCH - St Paul’s Church Hall, 227 Burges Road, E6 2EU
CPC - Central Park Cafe
EHTH - East Ham Town Hall, 328 Barking Road, E6 2RP

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- Over open to all
- Adult's
- Children/families
- Young People