### MANOR PARK LIBRARY ACTIVITIES

#### Monday
- **Under 5's Storytelling**
  - Manor Park Library
  - 10-11am

- **Life in the UK Classes**
  - 10.30am-12.30pm
  - Manor Park Library

- **Tai Chi Exercises**
  - 11.45am-12.45pm
  - Manor Park Library

- **Chatterbooks**
  - 3.30-4.30pm
  - Manor Park Library

- **English Conversation Club**
  - 6-7pm
  - Manor Park Library

- **Pilates**
  - 9.30-10.30am
  - Jack Cornwell Centre

- **Active Stay & Play Sessions**
  - 1-3pm
  - Jack Cornwell Centre

- **Chair Based Exercise**
  - 12.30-1.30pm
  - Manor Park Outreach – Wordsworth Health Centre, 19 Wordsworth Avenue E12 (Over 50's)

#### Tuesday
- **Knit & Natter**
  - 10.30am-12pm
  - Manor Park Library

- **Chair based Exercise**
  - 12-1pm
  - Manor Park Library

- **Life in the UK Classes**
  - 10.30am-12.30pm
  - Manor Park Library

- **Lego Club**
  - 3.30-4.30pm
  - Manor Park Library

- **Book Club & Creative Writing**
  - 6-7pm
  - Manor Park Library

- **Over 50's Chair Based Exercise**
  - 12.15-1.15pm
  - Jack Cornwell Centre

- **Yoga**
  - 1.30-2.30pm
  - Jack Cornwell Centre

- **Singing for Health**
  - 2-3.30pm
  - Manor Park Outreach – Jack Cornwell Centre

- **Modern Arnis for Children**
  - 4-5pm
  - Jack Cornwell Centre

- **Modern Arnis for Women**
  - 5-6pm
  - Jack Cornwell Centre

#### Wednesday
- **English Conversation Club**
  - 10.30-11.30am
  - Manor Park Library

- **Baby Rhyme**
  - 12.30-1.30pm
  - Manor Park Library

- **Holiday Spanish**
  - 12.30-1.30pm
  - Manor Park Library

- **Creative Club**
  - 3.30-4.30pm
  - Manor Park Library

- **Zumba Nights**
  - 6.30-7.30pm
  - Manor Park Library

- **Basic Computer Skills**
  - 10am-12pm
  - Manor Park Library

- **Pilates**
  - 6.30-7.30pm
  - Manor Park Library

- **Passport for Health & Fitness**
  - 10.30-11.30am
  - Jack Cornwell Centre

- **Memory Lane Café**
  - 12-3pm
  - Jack Cornwell Centre

- **Learning Disability Support Group**
  - 12-2pm
  - Jack Cornwell Centre

#### Thursday
- **Basic Computer Skills**
  - 10am-12pm
  - Manor Park Library

- **Chess Club**
  - 4.30-4pm
  - Manor Park Library

- **Exercise for Fitness Over 50's**
  - 9.30-10.30am
  - Jack Cornwell Centre

- **Baby Play Sessions**
  - 1-3pm
  - Jack Cornwell Centre

- **Passport for Health & Fitness**
  - 10.30-11.30am
  - Jack Cornwell Centre

- **Memory Lane Café**
  - 12-3pm
  - Jack Cornwell Centre

- **Learning Disability Support Group**
  - 12-2pm
  - Jack Cornwell Centre

#### Friday
- **Under 5 story telling**
  - 10-11am
  - Manor Park Library

- **Children's Movie-time**
  - 4.30-5.30pm
  - Manor Park Library

- **Pain Support Group**
  - 5.30-7pm
  - Manor Park Library

- **Diabetes Support Group**
  - 5.30-7pm
  - Manor Park Library

- **Science Club**
  - 4-5pm
  - Manor Park Library

- **Chess Club**
  - 11am-12.30pm
  - Manor Park Library

- **Family Fun Movies**
  - 10am-2pm
  - Manor Park Library

- **Councillors Surgery**
  - 10.30-11.30am
  - Manor Park Library

- **Children's Crafts**
  - 2.30-4.30pm
  - Manor Park Library

- **Children's Movie-time**
  - 4.30-5.30pm
  - Manor Park Library

- **Table Top Bazaar**
  - 10am-2pm
  - Manor Park Library

- **Modern Arnis**
  - 4-5pm
  - Jack Cornwell Centre

- **Councillors Surgery**
  - 1st 10am-12pm, 2nd & 4th 10-11am
  - Jack Cornwell Centre

- **Chess Club**
  - 11am-12.30pm
  - Jack Cornwell Centre

- **Modern Arnis**
  - 4-5pm
  - Jack Cornwell Centre

- **Pilates**
  - 6.30-7.30pm
  - Manor Park Library

- **Exercise for Fitness Over 50's**
  - 9.30-10.30am
  - Jack Cornwell Centre

- **Global Skills**
  - 10am-1pm
  - Manor Park Library

- **Table Top Bazaar**
  - 10am-2pm
  - Manor Park Library

- **Modern Arnis**
  - 4-5pm
  - Jack Cornwell Centre

- **Councillors Surgery**
  - 1st 10am-12pm, 2nd & 4th 10-11am
  - Jack Cornwell Centre

- **Chess Club**
  - 11am-12.30pm
  - Jack Cornwell Centre

- **Modern Arnis**
  - 4-5pm
  - Jack Cornwell Centre

- **Pilates**
  - 6.30-7.30pm
  - Manor Park Library

### Locations
- Manor Park Library, 685-693 Romford Road E12 5AD
- Jack Cornwell Centre, Jack Cornwell Street, E12 5NN

All activities are free.