

FREE ACTIVITIES FOR ALL NEWHAM LIBRARY CARD HOLDERS

Monday

Bumps and Bundles Group 10am-12pm
 Term Time (TT) Only Drop in free session.
 A fun and interactive session for parents and carers of babies under 18 months
Stratford Library

Parkinson's Support Group 11am-1pm
 3rd Monday of the month The session helps to connect with others, share experience and help reduce stress by sharing questions and concerns with like-minded others
Stratford Library

Move it to Music 1.30-2.30pm
 Term time
 A free interactive session designed for children with their parent and carers to get active through music and dance.
Stratford Library

Singing for the Brain session 2-4pm
 2nd Monday of the month Singing sessions to bring people together in a friendly and stimulating social environment
Stratford Library

Homework Club TT 4-6pm
 Free study support and homework help for children aged 7-14
Stratford Library

Table Tennis 4-7pm
 Come along and try your hand at Table Tennis Ages 5-16
Stratford Library

Chess Club 5-7pm
 Free chess playing and coaching for all ages and abilities. All welcome. No booking necessary
Stratford Library

Fit Steps 1.15-2.15pm
 Designed by Strictly Come Dancing professional Ian Walt, the session combines all strictly dance moves. No partner required
Vicarage Lane Community Centre, Govier Cl, London E15 4HW

Tuesday

Singing and Storytelling TT 11am-12pm
 Storytelling and nursery rhymes for families.
Stratford Library

Chair Based Exercise 10.30-11.30am
 If you have difficulty standing or walking, it needn't mean exercise is out of the question. Come and join the session
Stratford Library

Life in the UK Classes 12-2pm
 12 week course to support prospective candidates who wish to take the life in the UK test. Contact Franklyn on 020 8542 3904 for more information
Stratford Library

Zumba 5.30-6.30pm
 The ultimate instructor led dance fitness party will groove you into shape. The sessions are suitable for 18+ £2 per session
Stratford Library

Table Tennis 4-7pm
 Come along and try your hand at Table Tennis Ages 5-16
Stratford Library

Poetry Group 6-7.30pm
 Share your poems and get your creative juices flowing at Stratford's fun free community poetry group. For more information please email: sonesquin@hotmail.com
Stratford Library

Wednesday

Stay and Play 10am-12pm
(Good Shepherd) TT
 Support for parents and carers to develop their child through play.
Stratford Library

Do It Online (18+) 10am-12pm
(Good Shepherd) TT
 Free basic computer classes, registration and library card is required before you start the course
Stratford Library

Table Tennis 10am-12pm
 Come along and try your hand at Table Tennis Ages 5-16
Stratford Library

Salsa Dancing 6.30-7.30pm
 Get a taste of this Latin American global dance phenomenon.
Stratford Library

Thursday

Stay and Play 9.30-11.30am
(Rebecca Cheetham Nursery) TT
 A fun interactive session for mums, dads, carers and family members with children under 5
Stratford Library

National Careers Service
 Find out about different careers and what qualifications and skills you require. To book an appointment contact 07415 241 941.
 2nd Thursday of the month
Stratford Library

50+ Ballroom Dancing 12.30-2.30pm
 Carpenter and Dockland Centre, 98 Gibbins Road, Stratford, E15 2HU
 Tel: 020 8534 4121

50+ Line Dancing 10-11am
 Bryant Street Community Centre, Stratford, E15 4RU

Table Tennis 4-7pm
 Come along and try your hand at Table Tennis Ages 5-16
Stratford Library

English Conversation Club 5-6pm
 Practice your spoken English in a group setting to develop your communication skills
Stratford Library

Yoga 6-7.30pm
 Participants do not need any prior experience. The sessions are suitable for 18+, £2 per session
Stratford Library

Reading for Pleasure 6.30-7.30pm
 Fortnightly
 Join our reading group, make new friends and explore the world of reading. 11 years +
 For more information email Heather.Laville@newham.gov.uk
Stratford Library

Hola East 6.30-7.45pm
 Free session for Spanish speakers or those who want to improve their skills in the language and learn about the Latin American culture. All welcome, No booking necessary.
Stratford Library

Friday

Singing and Storytelling 11am-12pm
 Storytelling and nursery rhymes for families. – Term Time
Stratford Library

Table Tennis 4-7pm
 Come along and try your hand at Table Tennis Ages 5-16
Stratford Library

Film Club 6-8pm 6-8pm
 Last Friday of the month Free club for all aged 16+ Book on www.eventbrite.co.uk
Stratford Library

Saturday

Stay and Play 11am -1pm
(Good Shepherd) TT
 Support for parents and carers to develop their child through play.
Stratford Library

Creative Writing Group 11am-1pm
 Explore different means of self-expression using various styles of writing. Learn new skills and make new friends at Stratford's Creative Writing Group
Stratford Library

English Conversation Club 10am-12pm
 Practice your spoken English in a group setting to develop your communication skills.
Stratford Library

Stratford Park 10.30am -5pm
Poetry Café
 Come and join for creative poetry sessions. For more information please email: sonesquin@hotmail.com
Stratford Park Bowling Club (Inside the park by tennis courts)

Saturday Movie Matinee 2-4pm
 Film club for children aged 3-12 years
Stratford Library

Competitive Table Tennis 3-5.45pm
Sessions
 Age 6-16 years Present a valid library card and issue at least one book in order to borrow bats and balls to play
Stratford Library

Salsa Dancing 6-7.30pm
 Get a taste of this Latin American global dance phenomenon.
Stratford Library

Stratford Library, 3 The Grove, Stratford E15 1EL
 Tel: 020 3373 0826
 Email: CN.Stratford@Newham.gov.uk
 Opening Times: Monday – Friday 9am-8pm, Saturday 9.30am-8pm, Sundays 1-5pm

Under 5s Children Adult's Over 50s All ages