

# BECKTON AND ROYAL DOCKS COMMUNITY NEIGHBOURHOOD CENTRE ACTIVITIES

## Monday

**NALS Yoga 10-11:30am**  
 course for adult ed students.  
 Term Time only  
**Beckton Globe Library**

**Knit and Natter 11:30am-1pm**  
 Volunteer led knit and chat club.  
 Refreshments provided.  
 Suitable for all levels.  
**Beckton Globe Library**

**Coffee Morning 11am-12:30pm**  
 Drop in coffee morning for all  
**North Woolwich Library**

**Stroke Group Arts and Crafts 12-2pm**  
 Drop in activity group for adults who have or are at risk of having a stroke  
**BGL**

**Bingo 1-2pm**  
 social activity for community, 50p charge towards prizes  
**Beckton Community Centre**

**Model Train Club 1.30-3.30pm**  
 drop in club for anyone interested in model making.  
**North Woolwich Library**

**Dominos 2-4.30pm**  
 50+ social club, open to all  
**Beckton Community Centre**

**Craft For Me 3-5.30 pm**  
 Children's Crafting Club. Run by 5Es  
**BGL**

**Salsa Dance Exercise 3-4.30pm**  
 popular exercise class  
**BCC**

**Yoga 6-7.30pm**  
 designed for the over 50's, class builds strength, tone and mental well being.  
 Mats and blocks supplied  
**BGL**

**Advanced Martial Arts 6.30-7pm**  
**BGL**

## Tuesday

**Criss Cross Pottery Club 10:30-3pm**  
 inclusive pottery club, charge applies.  
 All ages  
**BCC \***

**Under 5's singalong 10:30am-12pm**  
 Volunteer led singing, story telling and music session for under fives and their parents/carers  
**BG**

**Coffee Morning 11.30 -1pm**  
 drop in opportunity to meet the staff.  
**11.30 -1pm**

**Chatter Books 4-5pm**  
 story telling and related activities for children aged 7+

**Pilates Class 6.30-7.30pm**  
 weekly exercise class, mats and bands provided. Builds core strength.  
**BGL**

**Children's Martial Arts 6.45-7.45pm**  
 Children's session run by tutor David Singh.  
**BGL**

## Wednesday

**Tai Chi Sword Exercise 10am-12pm**  
 come and practise using this ancient technique  
**BCC**

**Forever Young 11-1pm**  
 adult social club that meets in a youth club. Pool. Table tennis, dance class, teas and coffees, outings and more.  
**BGL \***

**Newham Birth 10am-12pm**  
 Information and home birth meet ups for new parents and parents to be  
**BGL \***

**Fit Club 1-3pm**  
 friendship club for elders, with gentle dance exercise.  
**BCC**

**Multi Lingual Rhyme Time 11.30am-12:30pm**  
 Songs and rhymes for the under 5's in Mandarin, English and Cantonese. Every other week.  
**BGL \***

**Dominos 1-4pm**  
 social club to play the ancient game. All welcome  
**BCC**

**Docklands Drop- In 1-3pm**  
 social drop in session for anyone aged over 50.  
 Activities include arts and crafts  
**BCC**

**New Men's Choir 3.30-5pm**  
 singing for pre teen and teen boys. Led by male singers and musicians.  
**BGL**

**Chess Club 4:45-6:16pm**  
 led by our chess instructor, parents welcome to join in too  
**BGL**

**Adults Art Class 6-7:30pm**  
 learn a variety of styles and techniques with our artistic arts instructor  
**BGL**

## Thursday

**Inclusive Yoga 11am-12.45pm**  
 a gentle yoga class, builds stamina, flexibility and well being. Designed to be practiced on the mat, on the chair or in a wheel chair. For all abilities.  
**BGL**

**Get Connected 1:30-2:30pm**  
 online support for those who struggle with modern technology.  
**BGL**

**Film Club 1:30- 3:30pm**  
 enjoy a Golden Oldie Film - or possibly something a bit more modern  
**NWL**

**Breath Easy Group 1-2pm**  
 Social group for people with lung problems  
**BCC**

**Family Film Club 4:6:30pm**  
 films for the younger generation, parents and carers welcome too  
**NWL**

**St Johns Community 4:30-6pm Gardening Group**  
 Meet in the library and then head off to tend a local community garden

**Adult Martial Art 6-7pm**  
 with tutor David Singh - charge applies  
**BGL \***

**Children's Martial Arts 4.45-5.45pm**  
 with tutor David Singh - charge applies  
**BGL \***

**Salsa Exercise 6-7.30pm**  
 great for tone, coordination and fitness  
**BGL**

## Friday

**Tai Chi Exercise 10:30-11:30am**  
 gentle Tai Chi dance exercise. Suitable for all abilities  
**BCC**

**Beckton Social Walks 10.30am- 12.30pm (monthly) (meet at 10.15am)**  
 Enjoy a led walk to an interesting location with great company. Includes free DLR ticket. Note destinations vary  
**BGL \***

**Dominos 1:30-4:30pm**  
 social club to play the ancient game. All welcome  
**BCC**

**Inclusive Pilates 10.30-11.30am**  
 pilates exercise class for all abilities, mostly chair based. Build core strength and tone.  
**BGL**

**Do It Online 2.30-3.30pm**  
 computing support and lessons  
**BGL \***

**Lego Club 4.15-5pm**  
 family play with building blocks  
**BGL**

**Ranger Guides 5-6pm**  
 join the Girl Guides. Speak to library for more information  
**BGL \***

## Saturday

**Walking Group starts Autumn 2019**  
 Social Walking group for all ages  
**BGL \***

**Saturday Family Fun 10.30-11.30am**  
 Family stay and play session for under 5's and their parents carers. Great fun for dads!!  
**BGL**

**Code Club 1.30-2.30pm**  
 Chance for children to learn coding  
**BGL**

**Dominos 2.30-7pm**  
 social club to play the ancient game. All welcome  
**BGL**

**Family Film Club 3.30-5pm**  
 a different film every week  
**BGL**

**Children's Model Train Club 10-11am**  
 make train models with the pros  
**NWL**

**Arts and crafts 11am-12pm**  
 family fun session  
**NWL**

**Family Games 3-4pm**  
 board games and table top games

\* - Please contact Beckton and Royal Docks Community Neighbourhood team on 0203 373 0853 or email CN.newham.gov.uk for more information.

 Adults  Over 50s  Children

**BGL** - Beckton Globe Library, 1, Kingsford Way, E6 5Q  
**BCC** - Beckton Community Centre, 14, East Ham Manor Way, Beckton E6 5G  
**NWL** - North Woolwich Library, 5, Pier Parade, North Woolwich, E16 2LJ