

EAST HAM COMMUNITY NEIGHBOURHOOD CENTRE AND LIBRARY ACTIVITIES

Monday

Pilates and Back Gentle 10-11am
 exercise designed to improve physical strength, flexibility, posture and enhance mental awareness.
EHCNCL

Ballroom Dancing 10-11am
 Location: SPCH

Community Neighbourhood Drop In 10am-11pm
 Drop in to Central Park Café to meet a member of East Ham Community Neighbourhood team and find out about local opportunities, discuss your ideas and get involved in new initiatives.
CPC

Embroidery term time only 11am-1pm
EHCNCL

Tai Chi 12.15-1.15pm
 £2 per person
 Location: BDCA

Youth Drop In term time only (age 11+) 4.15-6.15pm
 Games stations, DJ decks and other activities
EHCNCL

Chess Clubs
 All welcome
EHCNCL

Tuesday

Pilates 8.10-8.55am
EHCNCL

Coffee Morning 10am-12pm
 £1 per person
 Location: BDCA

Storytime term time only (under 5s) 10.30-11.30am
 Stories and rhymes for children and their parents or carers.
 Sessions delivered by Oliver Thomas Children's Centre
EHCNCL

Do it Online (please book in advance) 10am-12pm
 Learn basic computer skills, understand the internet, emails and using My Newham.
EHCNCL

Lunch Club 12-1pm
 £4 per person
 Location: BDCA

Arts and Crafts 1.30-3pm
 £2 per person
 Location: BDCA

MoveMe Dance Class 1.30-2.30pm
 A dance class for anyone who loves dancing, even those convinced they have two left feet.
 Let MoveMe move you!
EHCNCL

Youth Drop In 4.15-7.15pm
 Age 11+
EHCNCL

Wednesday

Life in the UK Class 10am-12pm
 Support for people taking Life in the UK and B1 English test.
EHCNCL

Music and Movement 11am-12pm
 £2 per person
 Location: BDCA

Line Dancing 12.15-1.15pm
 £2 per person
 Location: BDCA

Chatterbooks Club term time only (age 7+) 4-5pm
 Discover the magic of books and the joys of reading and use your imagination to write your own stories.
EHCNCL

Creative Writing and Poetry 6-7.30pm
 Explore new creative ways to express yourself. All ages welcome including families.
EHCNCL

Yoga 6-7.30pm
 £2 per person
 Location: EHTH

Thursday

Yoga 8.10-8.55am
 Simple meditation and specific body postures to aid health and relaxation.
EHCNCL

Little Rhymers term time only (under 5s) 10-10.45am
 An engaging and interactive rhyme time session for under 5s and their parents or carers.
 Sessions delivered by Oliver Thomas Children's Centre
EHCNCL

Games and Friendship Club 11am-1pm
 Make new friends and catch up over a board game and a cup of tea
EH

Memory Lane Café 1-3pm
 Last Thursday of the month for people with dementia and their carers. Run by the Alzheimer's Society.
EHCNCL

Chess Clubs 5.30-7.30pm
 All welcome
EHCNCL

Reading Group 6.30-7.30pm
 Third Thursday of the month
EHCNCL

Friday

Chair Based Exercise 10.30-11.30am
 Gentle stretches and exercises for all abilities.
EHCNCL

Knit and Natter 10am-12pm
EHCNCL

Homework Club term time only 4-5pm
 Study support for primary children.
EHCNCL

Chatterbooks Club term time only (age 5+) 5-7pm
 Discover the magic of books through arts and crafts. With a different theme each month there is so much to make and imagine.
EHCNCL

Salsa 6.30-7.30pm
EHCNCL

Saturday

Lego Club 1-2pm
EHCNCL

Chatterbooks Club term time only (age 5+) 4-5pm
 Let your imagination run free at these drama and play activities.
EHCNCL

Family Film Night 5pm
EHCNCL

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

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

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