

MANOR PARK LIBRARY ACTIVITIES

Monday

Under 5's Storytelling Manor Park Library	10-11am
Life in the UK Classes (term time only) * Manor Park Library	10.30am-12.30pm
Tai Chi Exercises * Manor Park Library	11.45am-12.45pm
Chatterbooks (term time only) Manor Park Library	3.30-4.30pm
English Conversation Club (term time only) * Manor Park Library	6-7pm
Pilates Jack Cornwell Centre	9.30-10.30am
Active Stay & Play Sessions Jack Cornwell Centre	1-3pm
Chair Based Exercise Class Manor Park Outreach – Wordsworth Health Centre, 19 Wordsworth Avenue E12 (Over 50's)	12.30-1.30pm

Tuesday

Knit & Natter * Manor Park Library	10.30am-12pm
Chair based Exercise * Manor Park Library	12-1pm
Life in the UK Classes (term time only) * Manor Park Library	10.30am-12.30pm
Lego Club (term time only) Manor Park Library	3.30-4.30pm
Book Club & Creative Writing * Manor Park Library	6-7pm
Over 50's Chair Based Exercise Jack Cornwell Centre	12.15-1.15pm
Yoga Jack Cornwell Centre	1.30-2.30pm
Singing for Health in Manor Park Jack Cornwell Centre	2-3.30pm
Modern Arnis for Children Jack Cornwell Centre	4-5pm
Modern Arnis for Women Jack Cornwell Centre	5-6pm

Wednesday

English Conversation Club (term time only) * Manor Park Library	10.30-11.30am
Baby Rhyme for Under 1's (term time only) Manor Park Library	12.30-1.30pm
Holiday Spanish (term time only) * Manor Park Library	12.30-1.30pm
Creative Club (term time only) Manor Park Library	3.30-4.30pm
Zumba Nights * Manor Park Library	6.30-7.30pm
Basic Computer Skills (term time only) * Manor Park Library	10am-12pm
Chess Club Manor Park Library	4.30-6pm
Pilates * Manor Park Library	6.30-7.30pm
ESOL Jack Cornwell Centre	9.30am-2pm
Passport for Health & Fitness Jack Cornwell Centre	10.30-11.30am
Memory Lane Café (3rd Wednesday) Jack Cornwell Centre	12-3pm
Learning Disability Support Group (4th Wednesday of month) Jack Cornwell Centre	12-2pm

Thursday

Basic Computer Skills (term time only) * Manor Park Library	10am-12pm
Chess Club Manor Park Library	4.30-6pm
Pilates * Manor Park Library	6.30-7.30pm
Exercise for Fitness Over 50's Jack Cornwell Centre	9.30-10.30am
Baby Play Sessions Jack Cornwell Centre	1-3am
English For Speakers of Other Languages – ESOL Manor Park Library	4-7pm
Chair Based Exercise Class Manor Park Outreach – London Tamil Sangham, 369 High Street North E12 (Over 50's)	10-11am
Global Skills Functional Skills in English and Maths Thursday Manor Park Library	10am-1pm

Friday

Under 5 story telling Manor Park Library	10-11am
Children's Movie-time (term time only) Manor Park Library	4.30-5.30pm
Pain Support Group (2nd Friday) * Manor Park Library	5.30-7pm
Diabetes Support Group (3rd Friday) * Manor Park Library	5.30-7pm
Junior Sports Coaching Jack Cornwell Centre	4-5.30pm
Science Club Mondays Manor Park Library	4-5pm

Saturday

Get on Online (term time only) * Manor Park Library	10:30am-12:30pm
Councillors Surgery * Manor Park Library	10.30-11.30am
Chess Club Manor Park Library	11am-12.30pm
Children's Crafts (term time only) Manor Park Library	2.30-4.30pm
Family Fun Movies Manor Park Library	4.30-6pm
Table Top Bazaar (4th Saturday of month) Jack Cornwell Centre	10am-2pm
Modern Arnis for Young People Jack Cornwell Centre	11am-12pm
Councillor Surgery Jack Cornwell Centre	1st 11am-12pm, 2nd & 4th 10-11am

Manor Park Library, 685-693 Romford Road E12 5AD
Jack Cornwell Centre, Jack Cornwell Street, E12 5NN
All activities are free

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