

FREE ACTIVITIES FOR ALL NEWHAM LIBRARY CARD HOLDERS

Monday

Quiet Time 8-10am
Enjoy the centre during our quietest time. Use the computers, study or browse for books.
FGCNC

Stay and Play 10.30-12.30pm
FGCNC
Fun interactive play session.
Ages 0-5.

English Language Classes* 10.30am-12.30pm
English classes for foreign language speakers.
FGCNC

Table Tennis 12-4pm
Meet new people and try your hand at Table Tennis.
FGCNC

English Language Classes* 12.30-3pm
English classes for foreign language speakers.
FGCNC

Computer Basics* 1.30-3pm
Join our four week beginners Computer classes.
FGCNC

Tone Tastic* 3.30-4.30pm
Low impact aerobics class with elastic bands.
FGCNC

Table Tennis 4-6pm
Come along and try your hand at Table Tennis
Ages 5-16.
FGCNC

Study Time 4-8pm
A designated study area on non event days.
FGCNC

The Gate Reading Group 6-7.30pm
Share your love of reading, review and discuss the latest book.
Last Monday of the month.
FGCNC

Adult Art Class Beginners* 6-8pm
Free 10 week course
FGCNC

Tuesday

Quiet Time 8-10am
Enjoy the library during our quietest time. Use the computers, study or browse for books.
FGCNC

Zumba* 9.30-10.30am
Dance yourself fit, in these fun and energetic sessions designed to improve your health, fitness, balance and coordination.
FGCNC

Tai Chi in the Park* 10-11am
Low impact class
Forest Lane Park

Musical Boogie 10.30-11.15am
Fun music and rhyme session using various musical instruments.
Ages 0-5.
FGCNC

Grants Surgery 11am-12noon
Advice session for residents wanting to apply to be Community Builders, Newham Let's get the Party Started or Go For it Grants.
FGCNC

Knit a Bit 11am-1pm
Learn how to knit or get help with new crochet and knitting techniques.
FGCNC

Study Time 4-8pm
A designated study area on non event days.
FGCNC

Children's Art and Craft Club 4-5.30pm
Come and explore the exciting world of art.
Ages 5-12.
FGCNC

Chess Club 5.30-7.30pm
Play or learn chess at our weekly club.
Ages 5+.
FGCNC

Adult Art Class Intermediate* 6-8pm
Free 10 week course
FGCNC

Wednesday

Quiet Time 8-10am
Enjoy the library during our quietest time. Use the computers, study or browse for books.
FGCNC
Tai Chi* 8.15-9.15am

Low impact class combining deep breathing and relaxation with slow and gentle movements to improve muscle strength.
FGCNC

Nordic Walking 9.15-10.15am
Low impact walking group exploring the local landscape.
For more information please call **Rosemarie** on **07787 731 809**

Forever Young Club 10.30am-12.30pm
Are you over 50? Want to keep your body and mind active? Then come along to a new club where you can try new activities and meet new friends.
FGCNC

ICT Drop-In Session 11am-1pm
Come along if you need help setting up an email account, My Newham account or need support accessing council services.
FGCNC

Active Centre Over 50s 12.30-4pm
Social club with Dominoes and Card games.
Forest Gate Learning Centre

Games Club 3.30-6.30pm
Come along and play a variety of games including: Xbox, PlayStation and board games.
Ages 5-12.
Forest Gate Learning Centre

Study Time 4-8pm
A designated study area on non event days.
FGCNC

Thursday

Quiet Time 8-10am
Enjoy the library during our quietest time. Use the computers, study or browse for books.
FGCNC
Yoga* 8.15-9.15am

Build strength and help reduce body pain and stiffness.
FGCNC

Storytelling Session 10.30-11.30am
Engaging stories with singing and craft activities.
Ages 5-12
FGCNC

Boxing* 1-2pm
Ideal for beginners or those with limited experience these classes will focus on;
- conditioning and stretching exercises
- balance - footwork and upper body movement
- boxing drills including working in pairs using boxing gloves/pads
FGCNC

Bollywood Dance* 2-3pm
These session are infused with lots of fun, laughter and energy.
FGCNC

Oral Health 3-5pm
Dental advice session, first Thursday of the month.
All ages.
FGCNC

Study Time 4-8pm
A designated study area on non event days.
FGCNC

Science Club 5-6pm
(Term Time Only)
Join our fun interactive science club.
Ages 5-11.
FGCNC

The Gate Writer's Club 5.30-7.30pm
Learn creative writing techniques.
Last Thursday of the month.
FGCNC

Yoga 6.15-7.30pm
Build strength, tone muscle and help reduce body pain, stiffness and fatigue.
FGCNC

Friday

Quiet Time 8-10am
Enjoy the library during our quietest time. Use the computers, study or browse for books.
FGCNC
Breakfast Fridays 8.15-9.15am

Free tea and toast for all Newham Library members borrowing a book.
FGCNC
Chair Based Exercise Advanced* 10-11am

A great exercise class for anybody who has difficulty standing or walking for any length of time.
FGCNC
Chair Based Exercise 11.15am-12.15pm

Beginners*
A great exercise class for anybody who has difficulty standing or walking for any length of time.
FGCNC

Monthly Movie Matinée
See the best of classic cinema on our large screen with surround sound, last Friday of the month
Free coffee and cake from 12noon
Films start 12.30pm

Kids' Movie Club 4-6pm
Enjoy a surround sound cinematic experience in our weekly movie club.
FGCNC

Study Time 4-8pm
A designated study area on non event days.
FGCNC

* - Please contact **Forest Gate Community Neighbourhood team** on **020 3373 0856** or email **CN.Forestgate@newham.gov.uk** to book a space.

To book a place on an English Language Class please contact Forest Gate Learning Zone on **020 8257 4680**

Adults Over 55s Children

FGCNC - Forest Gate Community Neighbourhood Centre
4-8 Woodgrange Road, E7 0QH
Forest Lane Lodge - Magpie Close, E7 9DF
Forest Lane Park - Magpie Close, E7 9DF