

## CUSTOM HOUSE &amp; CANNING TOWN COMMUNITY NEIGHBOURHOOD CENTRE ACTIVITIES

## Monday

**Chair Based Exercise 9.30-10.30am**  
Seated low impact exercises.  
Get Active Get Healthy for over 55s  
**Custom House Library**

**Story Telling with Edith Kerrison 10.30-11.15am**  
Engaging storytime for under 5's.  
**Custom House Library**

**Do it on Line 1-2.30pm**  
Interested in improving your computer skills? Come along and join our 6 week course, booking required.  
**Canning Town Library**

**Custom House Crafty Coffee Club 1-3pm**  
Come along and meet new people while making something crafty.  
**Custom House Library**

**Games Club 3.45-4.45pm**  
Come along and play a variety of games including Play station and board games  
Ages 5-16yrs  
Term time only  
**Custom House Library**

**Lego Club 5-6pm**  
Show us your building skills,  
age 5-12  
**Canning Town Library**

**Line Dancing 6.30-7.30pm**  
Come along and learn some new dance moves.  
Get active Get Healthy for over 55s.  
**Canning Town Library**

## Tuesday

**Storytime and Singalong 9.45-10.30am**  
Engaging stories with singing and craft activities for under fives  
**Canning Town Library**

**Coffee Morning 11am-12.30pm**  
Come and join us during our coffee morning sessions to have a chat and find out more about what's happening in our neighbourhood.  
**Custom House Library**

**Line Dancing 11-12pm**  
Come and learn some new dance moves.  
**Canning Town Library**

**Adult's Book Club 3.30-4.30pm**  
Share your love of reading, review and discuss the book of the month, join our friendly welcoming book club. Last Tuesday of each month, refreshments provided.  
**Canning Town Library**

**Teen Reading Group 5-6pm**  
First Tuesday of every month. Join in the discussion about your latest favourite read age 13-17.  
**Canning Town Library**

**BoxFit 6-7pm**  
Fun exercise class based on the training boxers use to keep fit.  
Ages 18+  
**Canning Town Library**

## Wednesday

**Zumba 12.30-1.30pm**  
Low impact aerobics.  
Get Active Get Healthy for over 55s.  
**Canning Town Library**

**Chair Based Zumba 1.30-2.30pm**  
Seated low impact aerobics.  
Get Active Get Healthy for over 55s.  
**Canning Town Library**

**Do It Online 1-2.30pm**  
Interested in improving your computer skills? Come along and join our 6 week course, booking required.  
**Canning Town Library**

**Healthier babies and toddlers. 1-2.15pm**  
Monthly advice sessions hosted by health visitors, first Wednesday of the month.  
**Canning Town Library**

**Tea Dance 2.30-4pm**  
Put on your dancing shoes and come along to our community neighbourhood tea dance to get active and have fun. Get Active Get Healthy session for over 55s.  
**Canning Town Library**

**Chess Club 5.30-6.30pm**  
Learn to play chess at our weekly club or you can play a game with a friend.  
Ages 7+  
**Canning Town Library**

**Adults Chess Club 6.30-7.30pm**  
learn to play chess at our weekly club or you can play a game with a friend.  
**Canning Town Library**

## Thursday

**Coffee Morning 10.45-12pm**  
Come and join us during our Coffee morning sessions to have a chat and find out more about what's happening in our neighbourhood.  
**Canning Town Library**

**Mum2Mum Conversation Café 11am-1pm**  
Come along and meet other mums and feel connected in your local community.  
**Canning Town Library**

**Grants Drop-in Sessions 11am-12pm**  
Hear how we can support you to apply for a Go for it Grant or Lets Get the party Started funding to get your idea up and running in your local Community.  
**Canning Town Library**

**Bingo Club For adults 1-3pm**  
Have a fun game of Bingo and meet new people.  
**Custom House Library**

**Long Term Conditions Support Group 4.30-6.30pm**  
Third Thursday of the month. Drop in for peer support group which aims to bring individuals together to look at various long term health conditions.  
**Canning Town Library**

**Chess Club 5-6.30pm**  
Learn to play chess at our weekly club or you can play a game with a friend.  
Ages 5-12yrs  
**Canning Town Library**

**Chess Club 5-6.30pm**  
Learn to play chess at our weekly club or you can play a game with a friend.  
Ages 5-12yrs  
**Custom House Library**

**Creative Writing 6.15-7.45pm**  
Do you enjoy writing?  
Fancy trying your hand at different genres or need some help to get your creative juices flowing?  
Come and join Ingeenium for our inspirational creative writing workshop.  
**Canning Town Library**

## Friday

**Knit and Natter 10am-12pm**  
Interested in knitting? Come and join our knit and natter group every Friday. Bring along your knitting needles and patterns.  
**Canning Town Library**

**Yoga 10.30-11.30am**  
Build strength and tone muscles. Can help relieve body pain, stiffness and fatigue. Get Active Get Healthy session for the over 55s.  
**Canning Town Library**

**Over 60s Social Club 12.45-2pm**  
Social Club with Dominoes and Board games.  
**Canning Town Library**

**Jigarré 1.30-2.30pm**  
Music and movement for under 5's.  
**Canning Town Library**

**Homework Club 4.30-6pm**  
Support with your homework in our library. Ages 5-12 years.  
Term time only.  
**Canning Town Library**

**Family Zumba 6-7pm**  
Join us to get active and keep fit for all the family with low to medium impact exercise. All ages welcome.  
**Canning Town Library**

**Latino Aerobics 11.45-12.45pm**  
Fun fitness sessions Get healthy and active for the over 55's.  
**Canning Town Library**

## Saturday

**Councillor Surgeries 10-11am**  
Drop in session to meet and get support from your local councillor.  
**Canning Town Library**

**Councillor Surgery 10-11.30am**  
Drop in session to meet and get support from your local councillor.  
**Custom House Library**

**Adult Book Club 10-11am**  
3rd Saturday of the month.  
**Custom House Library**

**Coderdojo 1-2pm**  
Last Saturday of the month. Learn to code or progress your coding.  
Ages 7-17  
**Canning Town Library**

**Arts and Crafts 2-3pm**  
Come and have fun at our session making seasonal crafts, masks, cards, puppets and various toys and gifts.  
Ages 5-12 year  
**Canning Town Library**

**Story Painters Crafts with Ingeenium 2-3pm**  
**Custom House Library**

**Film Club 5-7.30pm**  
Join our free monthly film nights.  
3rd Saturday of the month.  
**Canning Town Library**

**Salsa Dance Class 6-7pm**  
Master essential Salsa steps in a fun and friendly environment.  
**Canning Town Library**

Please contact Custom House Library on 0203 373 0855  
Please contact Canning Town Library on 0203 373 0854  
Email: [CN.CustomHouseCanningTown@newham.gov.uk](mailto:CN.CustomHouseCanningTown@newham.gov.uk)

 Educational  Over 55s  Adult  Children and young people

Custom House Library, Prince Regent Lane E16 3JJ  
Canning Town Library, 18 Rathbone Market, Barking Road E16 1EH