

Let's Get Back TOGETHER



Mon 20th – Fri 24th June



Booking essential!

A summer celebration, getting together over food!
Islington adults of all ages are welcome!

Monday
2 – 4pm

20th

Cookery Demonstration

Watch a healthy cookery demonstration led by Cook for Good's chef and join us for a light meal to follow: freshly baked bread and soup. Refreshments on arrival. (South Islington, N1)



Tuesday

10.30am or 1pm

21st

Bunting Making Workshop

Get in the community spirit with this fabulous creative workshop at Museum of London. Choose from a morning session with coffee & pastries or a light lunch. (South Islington, EC2Y)



Wednesday

10.30am – 1.30pm

22nd

Dame Esther's 82nd Birthday Party

We're very proud to be hosting a celebration for Dame Esther Rantzen on her 82nd birthday at St Luke's! Join our 'Let's Talk Peer Event' for a lively discussion with Dame Esther & party food. (South Islington, EC1V or Zoom)



Thursday
1 – 4pm

23rd

Stadium Tour & Activities at Arsenal

Choose from Indoor bowling, Pilates from The Peel, an Arsenal Stadium Tour and then join together for Afternoon Tea! Does it get any better than this?! (Central Islington, N7)

Friday

12.30 – 2.30pm

24th

Chair-based Yoga & Lunch

Work up an appetite with a gentle chair-based Yoga session and prepare yourself for a delicious, social sit-down lunch all at Brickworks Community Centre! (North Islington, N4)

To book, call our Helpline:
on **020 7281 6018**
Or email: gethelp@ageukislington.org.uk

For venue information,
see our website:
www.ageuk.org.uk/islington/lets-get-back-together-2022



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