

Island House session timetable



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|--|--|---|
| Advice Drop-in session 10am - 12pm IAC Offices | Advice telephone session 10am-12pm 020 7987 9379 | Digital Support Drop-in 10am-12pm Register at Reception | English Conversation Club 10am - 11am Small Hall | HIP - Bereavement group 9.30am-11am Small Hall (last Friday of the month) | Pilates (mixed) 9.30am-10.30am Main Hall | Riverside Gymnastics 9am - 12pm Main Hall |
| Circus Skills 11.30am-1.30pm Main Hall | ESOL Class 9.30am - 3pm Small Hall (term time only) | Riverside Gymnastics 4pm - 6pm Main Hall | Mood Boosting Moves 11am-12pm Main Hall | IT Skills for beginners 11am-12.30pm Small Hall | Kiddikicks football 2.30pm-4pm Main Hall | Mandarin School 2pm -4pm Small Hall (term time only) |
| Over 50's Craft Club 12.30pm - 3.30pm Small Hall | HIP - Men's Fitness Class 4.45pm-5.45pm Main Hall | Numbi Arts 5pm-8pm Small Hall/Chapel (term time only) | Exercise class - Social hour 12pm-1pm Main Hall (refreshments provided) | AMA Friday Prayers 1pm - 2pm Small Hall | | |
| Hatha Yoga (mixed) 6.30pm - 7.30pm Main Hall | Hatha Yoga (ladies only) 6pm - 7pm Main Hall | Pup, up, and away 7pm-8.30pm Main Hall | Social Stretch 1pm-2pm Main Hall | Riverside Gymnastics 4.30pm - 7.30pm Main Hall | | |
| IOD Voices Singing Group 7pm - 9pm Small Hall (term time only) | | | Numbi Arts 5pm-8pm Small Hall (term time only) | | | |
| | | | Boxercise (ladies only) 6pm-7pm Main Hall | | | |
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| Billy's Pantry - Foodbank 9.30am-4pm | Billy's Pantry - Foodbank 9.30am-4pm | Billy's Pantry - Foodbank 9.30am-4pm | Billy's Pantry - Foodbank 9.30am-4pm | Billy's Pantry - Foodbank 9.30am-4pm | | |

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| | Community Training - English language and IT skills/support |
| | Seniors - sessions designed to suit over 50s |
| | Community Health - activities contributing to a healthy lifestyle |
| | Billy's Pantry - emergency food parcels |
| | Island Advice Centre - weekly sessions |
| | External user groups - Riverside gymnastics / Healthy Island Partnership (HIP) / Numbi Arts / Circus Skills / Mandarin School / Friday prayers (AMA) |

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| | Island House - Activities provided by Island House. Sessions in any of these colours are free to attend. Registration required. |
| | Island Advice Centre - Weekly advice sessions (benefits, debt, and housing issues only) |
| | Riverside Gymnastics - info@riversidegymnasticsacademy.co.uk Healthy Island Partnership (HIP) - www.healthylislandnth.com/contact-us Numbi Arts - Instagram - @numbiarts Circus Skills - info@safh.org.uk Mandarin School (London Overseas Chinese School) - qcxyuang@gmail.com AMA Friday prayers - ahmadiyya.uk |