

BE CONNECTED

Are you 60 or over?

FREE ACTIVITIES and SUPPORT for you to make friends and keep healthy at your own pace

FOR ALL LEVELS AND ABILITIES



Every Tuesday

**Social Club Drop In
1-3pm**

Hanwell Community Centre,
W7 1PD



Every Wednesday
from 3rd September

**Singalong Drop In
1:30pm -3pm**

Copley Close Community Centre,
W7 1DT

BOOKING REQUIRED FOR ACTIVITIES BELOW

Mondays
8th to 29th
September

**Chair Yoga
9:30-11:30am**

Copley Close Community Centre,
W7 1DT



Mondays
10th Nov to 24th
December

**Mindfulness and Meditation
9:30-11:30am**

Copley Close Community Centre,
W7 1DT

Tuesdays
20th January -
3rd March

**Bereavement, Loss
& Belonging
6 Week Course
10-12pm**

Hanwell Community Centre, W7 1PD

NOT
RUNNING
TUESDAY 10TH
FEBRUARY

EASE
www.empowering-action.org.uk



THE
MERCERS'
COMPANY

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