

# Island House session timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Advice Drop-in session 10am - 12pm IAC Offices	ESOL Class 9.30am - 3pm Small Hall (term time only)	Digital Support Drop-in 10am-12pm Register at Reception	Advice telephone session 10am-12pm 020 7987 9379	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	Hatha Yoga (ladies only) 6pm - 7pm Main Hall	Digital Support Drop-in 1pm-3pm Register at Reception	English Conversation Club 10am - 11am Small Hall	IT Skills for beginners 11am-12.30pm Small Hall		Mandarin School 2pm -4pm Small Hall (term time only)
Over 50's Craft Club 12.30pm - 3.30pm Small Hall		Riverside Gymnastics 4pm - 6pm Main Hall	Mood Boosting Moves 11am-12pm Main Hall	Tango classes 11am-12pm Main hall		
Hatha Yoga (mixed) 6.30pm - 7.30pm Main Hall		Old Skool Aerobics 6.30pm-7.15pm Main hall	Exercise class - Social hour 12pm-1pm Main Hall (refreshments provided)	AMA Friday Prayers 1pm - 2pm Small Hall		
IOD Voices Singing Group 7pm - 9pm Small Hall (term time only)				Social Stretch 1pm-2pm Main Hall		Riverside Gymnastics 4.30pm - 7.30pm Main Hall
				Boxercise (ladies only) 6pm-7pm Main Hall		
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	

	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
	Private hall hire available at all other times. Email <a href="mailto:admin@island-house.org">admin@island-house.org</a> or call 020 7531 0310 for more information

	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 - <a href="mailto:info@riversidegymnasticsacademy.co.uk">info@riversidegymnasticsacademy.co.uk</a> Healthy Island Partnership (HIP) - <a href="http://www.healthyislandth.com/contact-us">www.healthyislandth.com/contact-us</a> Circus Skills - <a href="mailto:info@safh.org.uk">info@safh.org.uk</a> Mandarin School (London Overseas Chinese School) - <a href="mailto:qcxyuang@gmail.com">qcxyuang@gmail.com</a> AMA Friday prayers - <a href="mailto:ahmadiyya.uk">ahmadiyya.uk</a>