

# Island House session timetable



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

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