

Senior Hub: July's Activities

Free for All to Join

W/C: 06.07.26		
Centre	Date & Time	Activity / Workshop
Oasis	Monday, 10:00 – 12:00	Terrace Society (games on the rooftop)
KTSC	Tuesday, 10:00 – 12:00	Gym Induction with Alison
Talacre	Wednesday, 10:00 – 12:00	Talacre Picnic Club (bring your own food. Provide allergen info)
Swiss	Thursday, 10:00 – 12:00	Bingo (with prizes)
PSL	Friday, 10:00 – 12:00	Table Tennis Drop-In
W/C: 13.07.26		
Centre	Date & Time	Activity / Workshop
Oasis	Monday, 10:00 – 12:00	Life Drawing
KTSC	Tuesday, 10:00 – 12:00	Brunch Club (bring your own food. Provide allergen info)
Talacre	Wednesday, 10:00 – 12:00	The Garden Game Society (games on the green)
Swiss	Thursday, 10:30 – 12:00	Masterclass: Why is Physical Activity Important and Gym Exercise Session with Gage
PSL	Friday, 10:00 – 12:00	Coffee & Quiz (Prizes available)
W/C: 20.07.26		
Centre	Date & Time	Activity / Workshop
Oasis	Monday, 10:00 – 12:00	Masterclass: Introduction to nutrition with Kareem
KTSC	Tuesday, 10:00 – 12:00	Board Game Morning
Talacre	Wednesday, 10:00 – 12:00	Life Drawing
Swiss	Thursday, 10:30 – 11:00	Gym Induction with Abu
PSL	Friday, 12:00 – 13:00	Holding Your Online Hands: Connecting residents to food, digital, healthcare, and community support
W/C: 27.07.26		
Centre	Date & Time	Activity / Workshop
Oasis	Monday, 10:00 – 12:00	Rooftop Boxing Taster w/ David from the Third Age Project-TBC
KTSC	Tuesday, 10:00 – 12:00	Masterclass: Introduction to Spanish with Alex
Talacre	Wednesday, 10:00 – 12:00	The Garden Game Society (games on the green)
Swiss	Thursday, 10:00 – 12:00	Casino morning (card games)
PSL	Friday, 10:00 – 12:00	Life Drawing

Any questions, please contact: camden@gll.org