

Opening Times : From 9.30am to 4.00pm, From Monday to Friday  
 Venues: SPC: Southwark Pensioners Centre, 305-307 Camberwell Road, SE5 OHQ  
 (M): Main Room; (C): Computer Room; (G): Garden Room  
 Website: [www.southwarkpensioners.org.uk](http://www.southwarkpensioners.org.uk) T: 02077084556

DAY	TIME	ACTIVITY	VENUE	PRICE
MONDAY	10.00am – 4.00pm	Podiatrist	SPC ( G )	£22.50 New £17.50 Existing
	10.00am – 12.30pm	Art Class	SPC (M)	****
	1.00pm – 4.00pm	Computer Club	SPC ( C )	£1
	1.00pm – 3.00pm	Goodrich Club	SPC (M)	****
	3.30pm – 4.30pm	Camberwell Library 3:30-4:30pm Creative Writing and Poetry - 1st / 3rd Monday of month Crafts - 2nd / 4th Monday of month.		
TUESDAY	11.00am – 12.00pm	Chair – Based Exercise	SPC ( M )	£2
	11.00am – 1.00pm	Pop – in Social	SPC ( G )	£1
	2.00pm – 4.00pm (Fortnightly)	Eye to Eye (Visual Impairment Group)	SPC (M)	Free
	2.00pm – 4.00pm (Fortnightly)	Tablet Session (Same day as Local History)	SPC ( C )	£2
	2.00pm – 4.00pm (Fortnightly)	Local History Group	SPC (M)	£2
WEDNESDAY	10.00am – 4.00pm	Computer Club	SPC ( C )	£1
	2.00pm – 4.00pm	Welcome Singers	SPC (M)	****
THURSDAY	11.00am – 12.00pm	Recorder Group Consort	SPC (M)	£5
	11.00am – 1.00pm	Pop – In Social	SPC (G)	Free
	12.30am – 2.00pm	Monthly Music & Reminiscence SPC (M) First Thursday of each month.		
	12.30am – 2.00pm	Monthly Midday Disco SPC (M) Last Thursday of each month.		
	2.00pm – 3.00pm	Line Dancing	SPC (M)	£3
	3.30pm - 5.30pm	Monthly Film Club SPC (M) First Thursday of each month.		
FRIDAY	10.00am – 1.00pm	Home Search	SPC ( C )	Free
	12.30am – 1.30pm	Tai Chi	SPC (M)	£3
	2.00pm – 3.00pm	Strength and Balance Class (By Referral only)	SPC (M)	Free

**Advice Appointments** Monday, Wednesday and Friday 9.30am – 15.30pm at the Centre and at Darwin Court\* on the first Wednesday of each month. (\*1 Crail Row, SE17 1AD)

**1 to 1 Computer Class** 3 x Monday morning hour-long sessions by appointment only. Contact Jason / Denzil if you are interested. £2 fee