



Supporting Older People in Southwark

Southwark Pensioners Centre
305-307 Camberwell Road
London, SE5 0HQ
0207 708 4556

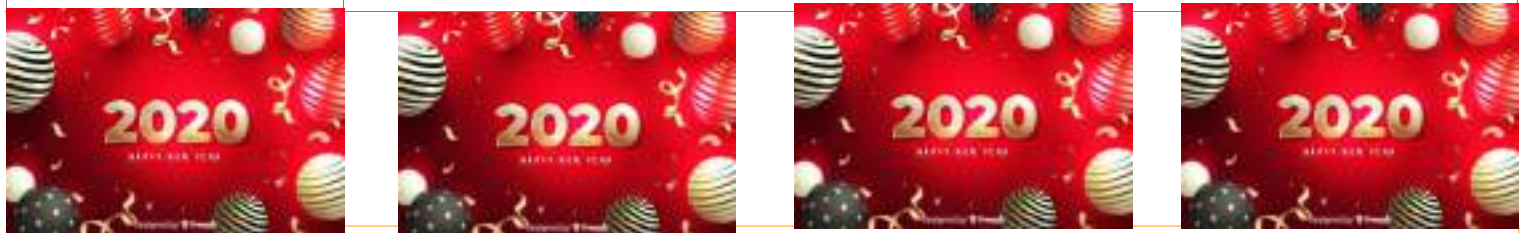
info@southwarkpensioners.org.uk
www.southwarkpensioners.org.uk
Open Weekdays 9.30am-4.00pm

Free drop-in advice service for 50+ Southwark residents every day from 9:30am-1:00pm. Appointments for complex work outside of these hours can be booked by appointment.

For non-members, activity fees are now plus £2 from 1st April 2019

| Day | Time | Activity | £ member / non-member |
|-------|--------------------------------|--|-----------------------|
| Mon | 10.00am-4.00pm | Monday Podiatrist (Monthly) (First Timers £22.50) | £22.50 £17.50 |
| | 9.30/10.30/11.30 | 1-to-1 Computer Guidance | £2/4 |
| | 10.00am-12.30pm | Art Class | n/a |
| | 1.00pm-4.00pm | Computer Club | £1/3 |
| | 1.00pm-3.00pm | The Goodrich Social Club | n/a |
| | 3.30pm-5.00pm | Fortnightly Men's Club (sightseeing once a month) | £1/3 |
| Tues | 10.00am-11.00am | Chair-based Exercise (Session 1) | £2/4 |
| | 11.30am-12.30pm | Chair-based Exercise (Session 2) | £2/4 |
| | 11.00am-1.00pm | Pop-in Social | £1/3 |
| | 2.00pm-4.00pm | Fortnightly Local History Group (LHG) | £2 |
| | 2.00pm-4.00pm | Fortnightly Eye to Eye Group (No LHG) | n/a |
| Wed | 10.00am-4.00pm | Computer Club | £1/3 |
| | 10am—11.30 | Welcome Wednesday Social <u>First</u> Weds of month | n/a |
| | 10am—12 noon | The Macular Society Club <u>4th</u> Weds of month | n/a |
| | 12.00pm-1.45pm | Creative Wednesdays (To be confirmed) | £2/4 |
| | 2.00pm-4.00pm | The Welcome Singers | n/a |
| Thurs | 11.00am-12.00pm | Camberwell Recorder Players | £5 |
| | 11.00am-1.00pm | Pop-in Social | £0 |
| | 12.30pm-2.00pm | Monthly Music & Memories <u>First</u> Thursday of month | £0 |
| | 12.15pm-1.45pm | Monthly Midday Disco <u>Last</u> Thursday of month | £0 |
| | 2.00pm-3.00pm | Line Dancing (Only <u>First 3</u> Thursdays of month) | £3/5 |
| | 3.30pm-5.30pm | Monthly Film Club <u>First</u> Thursday of month | £1/3 |
| Fri | 9.30/10.30/11.30 | 1-to-1 Computer Guidance | £2/4 |
| | 10.00am-1.00pm | Homesearch | £0 |
| | 10.00am-12.00pm | SPAG meeting (<u>First</u> Friday of each month) | £0 |
| | 12.30pm-1.30pm | Tai-Chi - Chi Kung / Yoga / Breathing | £3/£5 |
| | 2.00pm-3.00pm 3.00pm-4.00pm | Strength & Balance Class (Session 1) GP Referral Strength & Balance Class (Session 2) GP Referral | } £0 |

| Date | Upcoming Events |
|--------------------------------------|---|
| Wed 08/01/20 10.00am-12.00pm | Welcome Coffee Morning Social Southwark Pensioners' Centre, 305-307 Camberwell Rd, SE5 0HQ |
| Fri 10/01/20 10.00am-12.00pm | SPAG Meeting— Paying for Social Care Southwark Pensioners' Centre, 305-307 Camberwell Rd, SE5 0HQ |
| Wed 29/01/20 10.00am-12.00pm | New! Macular Society Club (4th Wednesday) Southwark Pensioners Centre, 305-307 Camberwell Rd, London |
| Thurs 30/01/20 12.00pm-1.30pm | Monthly Midday Disco 12pm-1.30pm Southwark Pensioners Centre, 305-307 Camberwell Rd, SE5 0HQ |
| Wed 05/02/20 10.00am-12.00pm | Welcome Coffee Morning Social Southwark Pensioners' Centre, 305-307 Camberwell Rd, SE5 0HQ |
| Wed 05/02/20 10.00am-1.00pm | Reaching Out Advice Darwin Court (Peabody), 1 Crail Row, SE17 1AD |
| Thurs 06/02/20 12-2 / 3.30-5.30pm | Music & Memories 12.30-2pm / Film Club 3.30-5.30pm Southwark Pensioners' Centre, 305-307 Camberwell Rd, SE5 0HQ |
| Fri 07/02/20 10.00am-12.00pm | SPAG Meeting Southwark Pensioners' Centre, 305-307 Camberwell Rd, SE5 0HQ |
| Weds 26/02/20 10.00am-12.00pm | New! Macular Society Club (4th Wednesday) Southwark Pensioners Centre, 305-307 Camberwell Rd, London |
| Thurs 27/02/20 12.00pm-1.30pm | Monthly Midday Disco 12pm-1.30pm Southwark Pensioners Centre, 305-307 Camberwell Rd, SE5 0HQ |



50+ Advice Service

Free advice on



Welfare benefits
Consumer issues
Housing
Employment
Energy Clinics
Benefits Clinics



Grants
Social loans
Debt
Transport
Homeseach
.....and much more!

Drop-in service every day from 9:30am - 1:00pm

Appointments for complex work are available outside of these hours.

Phone us or drop in for an appointment with our advisors.

Reaching out advice: 10.00am-12.00pm

First Wednesday of the month: Darwin Court, 21 Crail Row, SE17 1AD

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