



Community Social Sessions

Class	Day	Time	Venue
Bingo *	Monday	12.30pm to 3pm	Barking Learning Centre
Coffee Morning	Tuesday	10.30am to 11.30am	Online – contact june.yates@lbbd.gov.uk
Arts & Crafts	Tuesday	1.30pm to 3.30pm	Barking Learning Centre
Bingo *	Wednesday	12.30pm to 3pm	Park Active Age Centre
Hoy	Wednesday	12.30pm to 3.30pm	Barking Learning Centre
Knit & Natter	Thursday	10am to 12noon	Park Active Age Centre
Digital Support	Thursday	12noon to 3pm	Valence Community Hub
Bingo *	Thursday	12.30pm to 3pm	Barking Learning Centre
Bingo *	Thursday	12.30pm to 3pm	Park Active Age Centre
Crafts * (£1)	Thursday	1.45pm to 3.35pm	Valence Community Hub
Bingo *	Friday	12.45pm to 3pm	Chadwell Heath Community Centre
Knit & Natter	Friday	1pm to 3pm	Chadwell Heath Community Centre
Music Quiz	Friday	7pm to 8pm	Online – contact june.yates@lbbd.gov.uk

* Cost for session

Venue Details:

Barking Learning Centre, 2 Town Square, Barking IG11 7NB

Chadwell Heath Community Centre, High Road, Chadwell Heath, Romford RM6 6AS

Valence Community Hub, Becontree Avenue, Dagenham RM8 3HT

Park Active Age Centre, Rectory Road, Dagenham RM10 9SA

To find out more about the programmes on offer:

Email: healthy.lifestyles@lbbd.gov.uk **Telephone:** 020 8724 8018

