

What's on – Valence Library

Monday

10:00 – 11:30 – Stay and Play – 0-5 years (term time only)
10:00 – 12:00 – Line Dancing – Young at Heart
13:00 – 13:30 – Let's Get Moving – 0-5 years (term time only)
13:00 – 14:00 – FitSteps – Young at Heart
14:30 – 15:30 – Tai-Chi – Young at Heart

Tuesday

11:00 – 13:00 – Treasured Memories – Arts and Crafts group
13:30 – 15:30 – Men's Social Group
17:30 – 18:30 – Hatha Yoga (term time only) – £4 charge per session

Wednesday

11:00 – 12:15 – Yoga and Meditation (seated) – Young at Heart
12:30 – 13:45 – Yoga and Meditation (Mat based) – Young at Heart
13:50 – 14:50 – Zumba Gold – Young at Heart

Thursday

11:30 – 12:30 – Self Defence – Young at Heart
12:30 – 13:15 – Chair Based Exercise – Young at Heart
13:30 – 15:30 – Crafts – £1 to cover tea and coffee

Saturday

10:30 – 11:30 – Saturday Morning Book Club – First Saturday of the month
10:00 – 11:00 – Councillors Surgery – Third Saturday of the month (except Aug and Dec)

Please note all sessions are free of charge unless otherwise stated

*For more information about any of the Young at Heart sessions please contact June Yates on 020 4513 7136 or email june.yates@lbbd.gov.uk

Library opening hours:

Monday 10:00 – 17:00
Tuesday 10:00 – 19:00
Wednesday 10:00 – 17:00
Thursday 10:00 – 17:00
Friday CLOSED
Saturday 10:00 – 16:00
Sunday CLOSED

For more information please speak to a member of staff on reception or call us on **020 8270 6864**



**Barking &
Dagenham**