**Community Social Sessions**

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| Class | Day | Time | Venue |
| Games Sessions | Monday | 12.30pm to 3pm | M&B Sports Clubs |
| Bingo \* | Monday | 12.30pm to 3pm | Barking Learning Centre |
| Coffee Morning | Tuesday | 10.30am to 11.30am | Online – contact [june.yates@lbbd.gov.uk](mailto: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 |
| 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](mailto:june.yates@lbbd.gov.uk)  Last Friday of the month |

**\* 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

**M&B Sport Club**, Dagenham Road, Rush Green RM7 0QX

**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](mailto:healthy.lifestyles@lbbd.gov.uk) **Telephone**: 020 8724 8018

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