Would you like to learn more about how today's technology can help you in your everyday life?

Then we have the perfect course for you

- Absolute beginners (no experience required)
- Using internet and email (intro and improver levels)
- Bring your own device and learn how to use it (laptops and iPads)
- Computer housekeeping

Information packs and application forms are available from our Info Desk

age exchange

January Activities

age exchange

Mon to Sat 9am-5pm

11 Blackheath Village, London SE3 9LA
0208 318 9105
www.age-exchange.org.uk
Registered Charity 326899

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates 9.45-11am FULL Chair Pilates 11am-12pm FULL For aches & pains £8 (£7 Friends)	Chair Yoga Well Living 11am-12pm Improve flexibility, balance and strength £8 (£7 Friends)	Living in Harmony with Mel 10-11.30am Informal singing group £75 for 10 weeks	Dancing for Pleasure and Health From 9 January 11am-12pm Gentle movement class £7 (£6 Friends)	Friday Rhymes with Swarna From 10 January 9.45-10.30am Songs for under 5s FREE	The Music Castle 9am-12pm Music lessons FREE trial lesson
Rhyme time with Nisha Not 6 January 2-2.45pm Songs for under 5s FREE	Penny and Heidi's Reader Group 3.15-4.45pm Community reader group, open to all FREE	Belly Dancing 11.45am-12.45pm Fun, friendly, Eastern dance for women of all ages £3	A Stitch in Time 2-4pm Social knitting for all ages & stages FREE	Arty Facts 10, 17, 24 January 10am-12pm Art lecture programme £16 (£15 pre-book)	Friends Book Sale 6th birthday 11 January 10am-4pm
Bump and Baby TBC 20 January 7-8pm Antenatal class £250 for 5 classes	Bump and Baby 7 January 7-9.30pm Antenatal class £250 for 5 classes	ABADÁ Capoeira 4 kids 4.30-6pm Brazilian martial dance £42 for 6 classes	Blackheath Yoga 6.30-7.30pm Dynamic flow 7.30-8.30pm Restorative flow £12 (£11 Friends)	Chair Yoga with Blackheath Yoga 11am-12pm & 12-1pm Improve flexibility, Balance and strength £8 (£7 Friends)	That Embroidery Girl 18 January 11am-5pm Goldwork embroidery £75
	Bakehouse **Studio** **Café**	Pre-Natal Yoga with Julie 6.15-7.15pm 7.30-8.30pm Yoga class £65 for 5 classes	**Ask at the Info Desk about computer classes for retired people**	Trinity Laban 31 January 12-1pm Classical concert FREE	Bump and Baby 4, 11, 25 January 12.30-3pm Antenatal class £250 for 5 classes
www.age-exchange.org.uk/whatson				Babies Ballet From 10 January 1-3pm Infant ballet class 2.5 to 4 years £58.80 for 10 weeks	