**Dear Members**

The committee is delighted to inform you of our new programme for the months of April to August 2024. In addition we have included some information which may be of interest to you.

**Redbridge and Epping Branch - Programme**

**April 2024 – August 2024**

|  |  |
| --- | --- |
| **Programme****Main Meetings** | Broadmead Baptist Church Chigwell Road, Woodford Bridge, IG88PE (11am-12.45pm) |
| April 11 & 25 | Thursday 11 – Fun QuizLynn – Easy Chair Exercises | Thursday 25 – Peter MatthisonFishing Casting.Lynn – Easy Chair Exercises |
| May 9 & 23 | Thursday 9- Speech Therapy InteractiveLynn – Easy Chair Exercises | Thursday 23Kulvinder Neuro-physiotherapistLynn – Easy Chair Exercises |
| June 13 & 27 | Thursday 13To be confirmedLynn – Easy Chair Exercises | Thursday 27 –Angela Nullmeyers PUK Local Adviser – Floral DisplayLynn – Easy Chair Exercises |
| July 11 & 25 | Thursday 11 – Hainault Forest – Tea at the Café (near woodland trust centre)2.00-4.00pm | July 25 – Valentine’s Park Tea at Café2.00-4.00pm |
| August 8 & 22 | Thursday 8 – Fairlop Waters – Tea -The Boathouse café 2.00-4.00pm | August 22 – To be confirmed |
| **Boxercise Sessions** | **Fridays** 2.45-4.15pmThe IRDSA Hall, Craven Gardens, Barkingside, Ilford IG6 1PS |
| **Singing Links Sessions** | 2.30-4.30pm, The IRDSA Hall, Craven Gardens, Barkingside, Ilford IG6 1PS |
| April 4 & 18 | Thursday 4 | Thursday 18 |
| May 2 & 16 | Thursday 2  | Thursday 16 |
| June 6 & 20 | Thursday 6 | Thursday 20 |
| July 4 & 18 | Thursday 4  | Thursday 18 |