

**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**

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| **Programme**  **Main Meetings** | Broadmead Baptist Church Chigwell Road, Woodford Bridge, IG88PE (11am-12.45pm) | |
| April 11 & 25 | Thursday 11 – Fun Quiz  Lynn – Easy Chair Exercises | Thursday 25 – Peter Matthison  Fishing Casting.  Lynn – Easy Chair Exercises |
| May 9 & 23 | Thursday 9- Speech Therapy Interactive  Lynn – Easy Chair Exercises | Thursday 23  Kulvinder Neuro-physiotherapist  Lynn – Easy Chair Exercises |
| June 13 & 27 | Thursday 13  To be confirmed  Lynn – Easy Chair Exercises | Thursday 27 –Angela Nullmeyers PUK Local Adviser – Floral Display  Lynn – 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 Café  2.00-4.00pm |
| August 8 & 22 | Thursday 8 – Fairlop Waters – Tea -The Boathouse café  2.00-4.00pm | August 22 – To be confirmed |
| **Boxercise Sessions** | **Fridays** 2.45-4.15pm  The 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 |