

Linkage Plus Newsletter – Sonali Gardens

This month why not try...

Men's group

This new men's group meet on Mondays 2-4pm (3-4.30pm during August) at the Tarling East Community Centre, 63 Martha Street, E1 2PA. The group play pool, table football, darts and table Tennis with refreshments after a hard game!



Gardening



Come along and join the 'Happy Gardeners' on a Thursday morning 10 – 11am at Sonali Gardens, 79 Tarling Street, E1 0AT. We have some wonderful new raised beds which were kindly donated by the Mercers Livery Company in July. This new facility enables people in wheel chairs and those unable to bend, access to planting flowers and vegetables which for some is reviving their interest and participation in gardening

Improve your sleep!

You are invited to come along on Thursday 17th August 10-12noon to look at issues surrounding sleep. Feeling tired and not sleeping well isn't an inevitable part of aging! We will look at common difficulties as well as any specific difficulties you have and think of ideas to help. The session will be run by Compass Wellbeing at Sonali Gardens, 79 Tarling Street, E1 0AT. **Please book on 0207 265 9292**

Health Fair 2017

You are invited to a Health Fair supported by Tower Hamlets Community Homes and CCG. There will be urban smoothie bikes, Social Action for Health, Compass Wellbeing and many more! This will be held on Thursday 31st August from 10 - 3pm at Tarling East Community Centre, 63 Martha Street, E1 2PA. All welcome!

Monday socials at Sonali Gardens

You are most welcome to join us at Sonali Gardens on Mondays 10 – 12noon for a lively morning of catching up and making new friends over a cuppa. **For further details, please phone: Gill, Joynul, Kate or Helen on 0207 265 9292**

Linkage Weekly activity guide

Computer drop in daily 10 - 12 noon; 2 - 4pm

Monday

10-12: Social at Sonali
10-12: Bengali women's social
10.45-11.30: Seated exercise –
(starts 11/9/17)
1.30 – 2.30: Line Dancing
(11/9/17)
2-4: Men's Group

Tuesday

10-12:Darts
11.30 – 12.30: T'ai Chi
1-3: ESOL (starts 5/09/17)

Wednesday

10-12: Coffee morning (Wapping)
11.30 – 12.30: Ladies Aerobics
(at Tarling East Com. Centre)
2-4: Pool, Table Tennis (Tarling East
Com. Centre)
2.30 – 3.30: Seated exercise
6.30-8.30pm: Legal and benefits advice

Thursday

10-11: Gardening
11-12: Computer classes
11-12: mixed seated exercise class

Luxury nail treatments by appointment

Friday

10-12: Table Tennis
11-12: Yoga

Chiropody by appointment



Contact us

Tel: 0207 265 9292 (Gill, Joynul, Kate,
Helen)

Sonali Gardens, 79 Tarling
Street, E1 0AT

