



# Winter/Spring Programme 2024



# Winter / Spring at Fitzrovia Community Centre

JANUARY - MARCH 2024

## HEALTH & WELLBEING

### Total Body Workout

A women-only fitness class with a mix of cardio, mat-based, and resistance training set to brilliant beats.

**Thursdays 9:15-10am**

Class £3

### Community Yoga

By Camden Adult Education. Get active and improve fitness while learning to relax and reduce stress. Booking required.

**Thursdays 10:15-11:30am**

Free

### Zumba Gold

Get fit and meet friends at ladies' Zumba! Drop-in. Suitable for over 50s, all ages and abilities welcome.

**Thursdays 12-12:45pm**

Class £2



### Kundalini Yoga

Mats and blankets provided, wear loose clothing. Book at [www.kundaliniyoga.london](http://www.kundaliniyoga.london).

**Mondays 6:30-8pm**

**Saturdays 10:30am-12pm**

Subsidised places available\*

### Wellness Days

Once every season, offering tasters of our Health & Wellbeing activities plus other special events. Some booking required.

**9am-9pm**

FREE

## SENIORS' SERVICES

### Strictly Seniors' Ballroom Dancing

Beginners welcome, no partner needed! For ages 60+. Drop-in.

**Mondays 10:30am-12pm**

£3

### Dance Exercise

By Open Age. Keep fit and meet like-minded people. All abilities welcome. For ages 50+. Drop-in.

**Tuesdays 10:30-11:30am**

£1

### Digital Skills

By Age UK Camden. Learn to use smartphones and get online. For ages 50+. Drop in.

**First & third Wednesday of the month, 2-5pm**

Free

### Arts & Crafts

By Fitzrovia Neighbourhood Association & Working Men's College. For experienced learners aged 50+. Booking required

**Wednesdays 1-3pm**

## CHILDREN & FAMILIES

### Messy Explorers

Children explore various textures with their hands and fingers or even toes and feet! Drop-in.

**Wednesdays 10-11:30am**

£3

### Stay & Play

Meet new people and make new friends in a friendly, relaxed atmosphere. For under 5s. Drop-in.

**Thursdays 10-11:30am**

£2

### Chatterbox

Early speech and language course for ages 18 months to 4 years. Booking required. Enquire at reception for course dates.

**Tuesdays 1-2:30pm**

Free

### Mini Mozart

Music sessions for under 5s. Booking required at [www.minimozart.com](http://www.minimozart.com).

**Fridays 10-10:45am**

From £14.99

Free places available\*

**LARGE PRINT VERSION  
AVAILABLE AT RECEPTION**

## ARTS, CULTURE & HERITAGE

### Community Sewing: Make & Mend

By Camden Adult Education. Learn to sew and improve your skills. Gain machine and hand sewing skills to mend or alter clothes. Booking required.

**Mondays 1-3:30pm**

Free

### Make a Sketchbook

By Camden Adult Education. Make a sketchbook using a simple bookbinding technique. Explore painting, drawing, collage, and different craft techniques. Develop a story idea, patterns or use a scrapbook. Booking required.

**Thursdays 1-3:30pm**

Free

### London Life Drawing

Life drawing classes under the expert instruction of Adrian Dutton and his team. Materials & refreshment provided.

**Thursdays 7-9pm**

£11

Subsidised places available\*

### Art for Wellness

Refresh, rejuvenate, restore! Explore and create art in our weekly arts for wellness workshops for seniors and adults of all ages. Booking required.

**Fridays 11:15am-12:45pm**

£3

\*Free/subsidised places are available for Fitzrovia residents in receipt of a means-tested benefit. Book at reception.



### Dressmaking & Sewing

Learn pattern cutting and machine sewing.

Booking required.

**Fridays 1:15-3:15pm**

Free

### Be Heard: Poetry Reading & Writing

Online poetry group for all abilities. Booking required.

**Sundays 3-4pm, online**

Free

## LEARNING & SUPPORT

### Advice & Information

By Fitzrovia Neighbourhood Association. By appointment only. Contact 020 3985 6364 or [advice@fitzrovia.org.uk](mailto:advice@fitzrovia.org.uk)

**Tuesdays**

Free

### Fitz Foodies Afterschool Club

Create delicious healthy meals from scratch! Booking required.

**Thursdays 3:30-5pm**

£3 for low-income families

£5 for everyone else

### Whizz Kids Afterschool Club

Contact us for details.

£3 for low-income families

£5 for everyone else

### Karma Kids Afterschool Club

Mindfulness, yoga, games, life skills. Enjoy 90 mins of calm after a busy week. Booking required.

**Fridays 3:30-5pm**

£3 for low-income families

£5 for everyone else

### Holiday Camp (HAF)

In partnership with ProTouch SA. For ages 7-11. Booking required.

**Daily 10am-2pm**

FREE

### Slovak Weekend School London

In-person and online classes to learn about Slovak language and culture. Booking required at [www.slovaklearning.co.uk](http://www.slovaklearning.co.uk).

**Saturdays 12-5pm**

From £6

**Scan for our full timetable:**



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- Conference
- Fundraising event
- Staff social event

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