

DAY	AM 9am – 12pm	PM 12pm – 5pm	ALL DAY	EVENING 5pm – 9pm
Monday	10am – 12pm Stay and Play Drop in Toddler Time (Free)		10am – 4pm Job Hub (age 18+) 10am – 6pm Peri Natal Mental Health Session	5pm – 7pm STF Learning Zone
Tuesday	10am – 12pm Coffee Morning (We Are Ageing Better) 10.30am – 11.45am Tai Chi (age 18+) (Free)	12pm – 2pm Yoga (age 18+)	9.30am – 3pm Level One Administration Course 10am – 4pm Job Hub (age 18+) 10am – 4pm Job Hub and Camden Ability (age 18+)	
Wednesday	9am – 9.45am Yugi – Tai Chi (age18+) (Free) 10am – 12pm We Are Ageing Better Art Session (older adults) (Free) 10am – 1pm Mary Ward Legal Centre Fortnightly (by appointment only) 10am – 1pm Hopscotch ESOL	1pm – 2pm Pilates (age 18+)	9am – 3pm Future Path 9.30am – 5pm Hopscotch Home Care 10am – 4pm Job Hub (age 18+)	6pm – 8pm Good Gym 6.30pm – 8.30pm Camden Tour Guides (Course)
Thursday	10am – 11.30am Families for Life; early years programmes (6 months – 3 years)	12pm – 2pm We Are Ageing Better (Boccia) Fortnightly 12.30pm – 2pm Hopscotch Women Only Lunch Club – last Thursday of the month (older adults) 1pm – 3.15pm English Discussion Class 1pm – 3.30pm Healthwatch signposting and referring (for all) 1pm – 5pm Hopscotch Home Care Recruitment – last Thursday of the month (age 18+) 2pm – 4pm We Are Ageing Better Dancewell – Chair Based Yoga	9am – 5pm Community Midwifery Service (by appointment only) 9am – 5pm Origin Housing, employment and training advice (age 18+) 9.30am – 3.15pm Diabetes Prevention (Course) 10am – 4pm Job Hub (age 18+) 10am – 5pm Job Hub IT session (age 18+)	6.30pm – 9pm Creative Writing Workshop
Friday	9.30am – 1pm Hopscotch ESOL with Retail and Customer Service (age 18+ women only) 10am – 12.30pm Stay and Play Drop in Baby Play (Free) 10am – 1pm Citizen's Advice Bureau (by appointment only)		9am – 3pm Future Path 9.30am – 4.30pm Elfrida Rathbone Employment and training advice for people with learning disabilities (18 – 25 years) 10am – 4pm Job Hub (age 18+)	

Timetable subject to minor changes. Please call the centre on 020 7380 0453 for further details.