**Monday Yoga Group**  
*Every fortnight, Monday afternoon, SE22*  
This popular exercise group meets fortnightly to enjoy chair-based yoga with an experienced instructor. Group members always like to meet for tea, biscuits and a catch-up just before the session starts.

**King Charles Yoga Group**  
*Every week, Tuesday afternoon, SE17*  
Attendees at this friendly group enjoy informal chat and chair-based yoga with an experienced tutor.

**Jack Jones Gentle Exercise Group**  
*Every week, Tuesday afternoon, SE15*  
This group meets weekly at Jack Jones House, to enjoy gentle exercises which are tailored to people’s abilities. Whether you want to do something energetic or something with a slower tone, it is all catered for.

**Golden Oldies**  
*Every week, Wednesday morning, SE15*  
Gentle chair-based exercise 2 out of 3 weeks (two weeks on, one week off), with an experienced tutor. On non-exercise weeks other activities take place including: quizzes, speakers and arts & crafts. A very sociable group, with refreshments at all sessions.

**Bermondsey Mission Exercise Group**  
*Every week, Wednesday afternoon, SE1*  
This friendly group meets weekly to enjoy gentle exercises that are tailored to people’s abilities.
**D’Eynsford House Exercise group**  
*Every week, Wednesday afternoon, SE5*

This group meets weekly for gentle exercise.

**Harry Lamborn House Gentle Exercise Group**  
*Every week, Thursday afternoon, SE15*

This group meets weekly at Harry Lamborn House, to enjoy gentle exercises which are tailored to people’s abilities. Whether you want to do something energetic or something with a slower tone, it is all catered for.

**Silver Trees**  
*Every week, Thursday afternoon, SE15*

This social group meets every Thursday afternoon in Peckham. Sessions alternate between gentle chair-based exercise one week, and arts & crafts the following week. Both activities are led by experienced tutors.

**Gentle Exercise Group**  
*Every fortnight, Friday morning, SE22*

This lively group meets fortnightly for an hour of chair-based exercise with an experienced and upbeat tutor. It’s a popular and sociable group that is always keen to welcome new members. Every other week they run a coffee morning in between the exercise weeks.

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**SOCIAL GROUPS**

**Men’s Group**  
*Every fortnight, Monday morning, SE5*

This group meets fortnightly in a local pub. Topics of conversation are wide-ranging and many members like to reminisce about times past; some like to play a game of dominoes or cards.

**Camberwell Activity Group**  
*Every fortnight, Monday afternoon, SE5*

Mixed activity group including poetry, gentle exercise, reminiscence, singing and quizzes. Open to people with dementia or without, and carers welcome to come along too.
**Singing Group**  
*Every week, Tuesday morning, SE22*

This group brings together singers of all levels on a weekly basis. The tutor accommodates all tastes - anyone who likes music is welcome to attend and no previous experience is necessary!

**Lunch Group**  
*Every fortnight, Tuesday afternoon, SE21*

This group meets once a fortnight for lunch and a lively catch-up at a pub in SE21.

**Abbeyfield Reminiscence**  
*Every week, Wednesday morning, SE24*

Members of this weekly reminiscence group take it in turns to tell their stories of old. It is a friendly group, which brings together people from different backgrounds with experiences to tell and memories to share.

**Kingswood Estate Reminiscence**  
*Every week, Wednesday afternoon, SE21*

This group meets weekly for social interaction and refreshments and to reminisce on their chosen topics.

**Kingswood Estate Drop In**  
*Every fortnight, Thursday morning, SE21*

This drop-in group meets in a local community centre. The group offers a great opportunity to socialise over refreshments whilst enjoying a quiz and homemade cakes.

**Stay and Play**  
*Monthly on the first Thursday of the month, SE1 (close to Old Kent Road)*

Social group alongside a Parent and Toddler group in a church hall, with the opportunity to interact both with the parents and children and with other older people attending.

**Bridge Group**  
*Every fortnight, Thursday afternoon, SE22*

This group meets fortnightly and welcomes players from beginners to experts. The sessions are run by three volunteers, all skilled bridge players, who help participants who are new to the game or who require extra support. Tea and coffee are served between games.
NOTE 1
Service Co-ordinator or Officer visits and assesses the needs of the service user, discusses their personal requirements of our services, assesses the property/environment for potential risks and the service user accepts service use. Assessment form used for this process.

EXERCISE GROUPS
Term-time only. More information available from the office.
During school term-times, Link Age Southwark teams up with schools in Southwark to provide computer classes. School pupils share their computer skills with older people who are eager to improve their use of IT. Each attendee is matched with a pupil who helps them in a friendly, informal atmosphere. Popular themes include email, the internet, photography and more!

COMPUTER GROUPS

DEMENTIA SERVICES
Alongside our groups for older people, Link Age Southwark also runs groups for people of any age living with mild-moderate dementia.

Reading Group
Every fortnight, Tuesday afternoon, SE22
This lovely group meets fortnightly in a library. We discuss short stories and extracts from books and poems. This group is specifically for people with dementia, and participants do not have to read to attend and enjoy the group.

Musical Memories
Every week, Wednesday afternoon, SE15
This group meets weekly in Nunhead. We sing, play instruments, dance if you like, and have some well-deserved fun. Participants do not have to sing to enjoy the group. This group is for people at all stages of their memory condition. Older people without dementia are also welcome. Refreshments are provided.

Peer Social Group
Every fortnight, Thursday afternoon, SE22
This group meets fortnightly in East Dulwich and is specifically for people in the early stages of dementia. Discussion each week is around a central theme, with various interactive activities. Refreshments are provided.