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

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

**Jack Jones Gentle Exercise Group**
*Every week, Tuesday afternoon, SE15*
This group meets weekly to enjoy gentle exercises tailored to people’s abilities. Catering for those wanting something energetic, as well as those wanting something slower paced.

**Golden Oldies**
*Every week, Wednesday morning, SE15*
Gentle chair-based exercise two out of three 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.

**Seated Dance**
*Every week, Wednesday morning, SE15*
This is a creative seated dance class and all are welcome! A form of gentle exercise.

**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 to enjoy gentle exercises tailored to people’s abilities. Whether you want something energetic or slower paced, it is all catered for!

**Silver Trees**  
*Every week, Thursday afternoon, SE15*
This social group meets every Thursday afternoon in Nunhead. 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 week, Friday morning, SE22*
This lively group meets every week 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.

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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 at a pub in SE21. Group members enjoy catching up over a pub lunch.

**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 Reminiscence Group**  
*Every week, Wednesday afternoon, SE21*

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

**Kingswood 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)*

This social group runs alongside a Parent and Toddler group and provides an opportunity to interact, both with the parents and children and with other older people.

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

This group meets fortnightly and welcomes players of all levels. The sessions are run by four volunteers, all skilled bridge players, who help participants new to the game or needing extra support. Tea, coffee and biscuits are served between games.

**Paxton Green Drop-In**  
*Every fortnight, Friday afternoon, SE21*

This friendly group, which brings together people from different backgrounds, meets fortnightly for art activities, quizzes and discussions. Refreshments are provided.
**COMPUTER GROUPS**

Term time only. More information available from the office.

During school term time 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!

**DEMENTIA SERVICES**

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

**Carers Group**

*Every month, Monday afternoon, SE21*

This group is for people caring for or supporting people with dementia and is run in collaboration with the Alzheimer’s Society.

**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.