

# Let's Get Back TOGETHER



Mon 20<sup>th</sup> – Fri 24<sup>th</sup> June



A summer celebration, getting together over food! Islington adults of all ages are welcome!

Booking essential!

**Monday**  
2 – 4pm

June  
20<sup>th</sup>

## Cookery Demonstration

Watch a healthy cookery demonstration led by Cook for Good's chef and join us for a light meal to follow: freshly baked bread and soup. Refreshments on arrival. (South Islington, N1)



**Tuesday**  
2 – 5pm

June  
21<sup>st</sup>

## Bunting Making Workshop

Get in the community spirit with this fabulous creative workshop at Museum of London. Choose from a morning session with coffee & pastries or a light lunch (South Islington, EC2Y)



Turn over for more..



Supported by



**Wednesday**

10.30am –  
1.30pm

June  
**22<sup>nd</sup>**

### **Dame Esther's 82<sup>nd</sup> Birthday Party**

We're very proud to be hosting a celebration for Dame Esther Rantzen on her 82nd birthday at St Luke's! Join our 'Let's Talk Peer Event' for a lively discussion with Dame Esther & party food. (South Islington, EC1V or Zoom)

**Thursday**

1 – 4pm

June  
**23<sup>rd</sup>**

### **Stadium Tour & Activities at Arsenal**

Choose from Indoor bowling, Pilates from The Peel, an Arsenal Stadium Tour and then join together for Afternoon Tea! Does it get any better than this?! (Central Islington, N7)

**Friday**

12.30 – 2.30pm

June  
**24<sup>th</sup>**

### **Chair-based Yoga & Lunch**

Work up an appetite with a gentle chair-based Yoga session and prepare yourself for a delicious, social sit-down lunch all at Brickworks Community Centre! (North Islington, N4)



To book, call our Helpline: on **020 7281 6018**  
Or email: **gethelp@ageukislington.org.uk**

For venue information, see our website:  
**[www.ageuk.org.uk/islington/lets-get-back-together-2022](http://www.ageuk.org.uk/islington/lets-get-back-together-2022)**