

Masbro Tea Club Programme

SEPTEMBER 2019

<p>Tuesday September 3rd</p> <p>2pm to 4pm</p>	<p>Medi Talk</p> <p>How does your pharmacy work? What can they do for you? Professional pharmacist Hala Abusia will be here to give you tips and advice on how you can get the most from your local helpful pharmacy.</p>	<p>FREE</p> <p>Refreshments will be served</p>
<p>Tuesday September 10</p> <p>2pm to 4pm</p>	<p>Yoga for All</p> <p>Come and join Lydia for a relaxing yoga session today. Stretch and breath and feel the benefit!</p>	<p>FREE</p> <p>Refreshments will be served</p>
<p>THURSDAY SEPT 12</p> <p>11am to 12:30</p>	<p>TUNES & TEA SINGING GROUP</p> <p>JOIN US FOR THE START OF THE NEW TERM!</p> <p>Make new friends! Have some fun while singing!</p>	<p>In partnership with Open Age</p> <p>£1.50 per session</p>
<p>Tuesday September 17</p> <p>10AM to 4pm</p>	<p>Outing to Windsor on the Greenline bus</p> <p>Bring your Freedom bus pass and come along to explore lovely Windsor and Eaton and the riverside walk. Meet us at Hammersmith Broadway tube station at 9:45am sharp. We will take the 702 Greenline bus. Bring a packed lunch or enjoy one of Windsor's charming cafes... Please book your place with Tina on 0207 6050194.</p>	<p>FREE</p> <p>Please bring your Freedom Pass.</p>
<p>Tuesday September 24th</p> <p>2pm to 4pm</p>	<p>Bush Theatre Project</p> <p>Get your dancing shoes on! Will is bringing along his choreographer and some terrific music today as we explore further our theme of Home.</p> <p><i>This session is taking place at the Masbro Centre</i></p>	<p>FREE</p> <p>Refreshments will be served.</p>
<p>Wednesday September 25th</p> <p>2pm to 4pm</p>	<p>FREE TICKETS TO SEE CHIAROSCURO by Jackie Kay AT THE BUSH THEATRE</p> <p>LIMITED SPACES BOOKING ESSENTIAL!</p> <p>Meet us at the Bush Theatre from 2pm</p> <p>Show starts at 2:30pm Ends at 4pm.</p>	<p>FREE TICKETS FOR MASBRO TEA CLUB MEMBERS.</p>

Our programme is open to all over 55s and their carers. For further information about any of our events or activities, please contact Tina Wood on 0207 605 0194 or email: tina@upg.org.uk.

