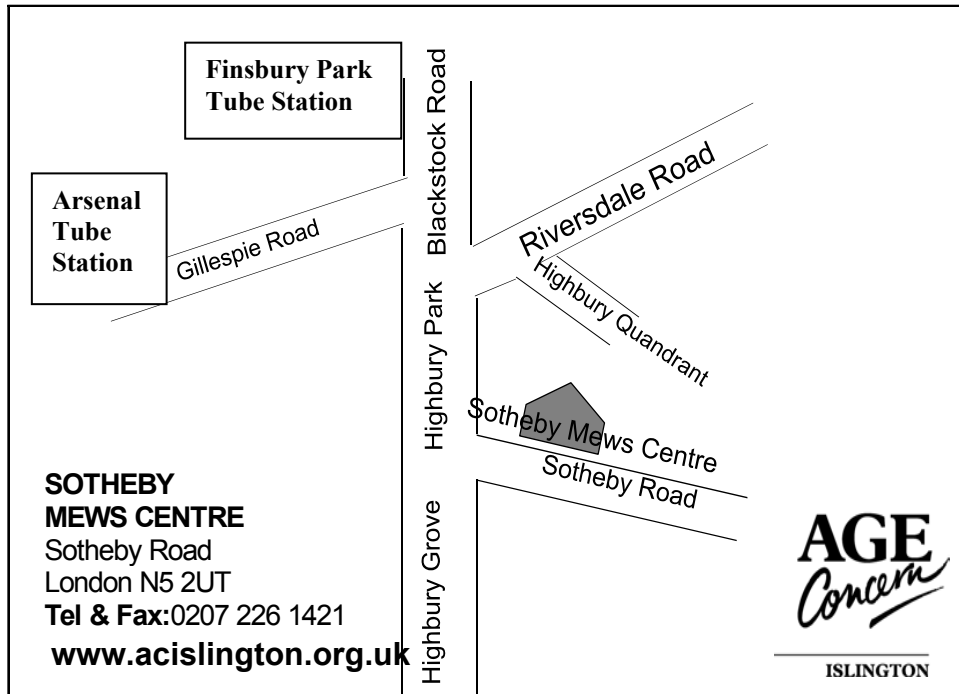


## How to find us:



The following buses stop near the Centre

**4, 19, 236**

(all stop on Blackstock Road  
– Nearest stop, Riverdale Road)

### Staff at the Centre

Jacky Mariner	Day Centres Manager
Harshad Mistri	Day Centre Manager
Clarence Riley	Transport Escort
Kim Henry	Kitchen Assistant P/T
Mel Stapelton	Kitchen Assistant P/T
Beverly Bryant	Day Centre Worker P/T
Gerard McMullan	Day Centre Worker P/T

**AGE Concern** Islington

# Sotheby Mews Centre

We always welcome new members to our lively, friendly Centre for Islington residents over 60

**Open**  
**Monday to Friday**  
**10 am to 4pm**

# Welcome to Sotheby Mews Centre

## Membership of Sotheby Mews is free

To all Islington resident over 60!

We provide a range of services and activities for older people. See opposite timetable.

- Daily lunch for only £3.00 is at 12:30 each day (except on Monday when it is at 12:00 noon)
- Age Concern Insurance Services
- A range of Adult Education Classes funded by London Borough of Islington Community Education
- Activities, parties, dances, outings and other events
- Advice and information service
- Complementary therapy sessions
- Volunteering opportunities
- Charity Clothes, bric-a-brac, and books
- Shop- with lots of bargains
- Email us on [sotheby@acislington.org.uk](mailto:sotheby@acislington.org.uk)
- On line Computers (with Volunteer Tutors)
- Beautiful landscaped garden with patio
- **Asian Drop-In Project** meets Thursdays,
- **Turkish Group** meets Wednesdays
- **Irish Group starts 8<sup>th</sup> September!!!**

Registered Charity No. 1045623 Company Registration No. 3039688

Activities Timetable				
DAY	MORNING		AFTERNOON	
	Time	Activity	Time	Activity
<b>MON</b>	all day	Dominoes	1.30-3.30	Bingo
	9-10:15 Breakfast	10.15-11.45	Indoor Bowls	1 - 4
			3 - 4	Mobile Phone – How to use one, how to text. (by arrangement)
<b>TUE</b>	10-12	Coffee morning and late breakfast!!!	1.30 – 3.00	Tai Chi
	9-11 Breakfast	10.45 – 12.0	Shopping Trip to Sainsbury's	1.30 – 3.00
		10.30 -12	Art & Crafts (Adult Ed.)	10 - 3
<b>WED</b>	10 -11	Keep Fit (Adult Ed.)	1.15 – 3.00	Dominoes/Cards/Darts
	9 -11 Breakfast	11 -12	Drama- movement to music	1.30 - 3.00
		11 - 12.30	Singing Group from 4 <sup>th</sup> Nov	1.30 - 3.30
<b>THU</b>	10.30 - 12	Line Dancing (Adult Ed.)	1.30 – 3.00	Swimming (at Holloway Prison –meet there)
	9 – 10:15 Breakfast	10 – 3	Hairdresser/Manicure/ Massage	1.30 - 2.30
		10.30 - 12.30	Painting (Adult Ed.)	1 – 3
<b>FRI</b>	10 -11	Pilates (Adult Ed.)	1.30 – 3.00	Bingo or 'Hoy'
	9 – 10 Breakfast	11 - 12.30	Reminiscence	1.30 – 2.30
		11 -12	Health Talks	all day

(Update on 1<sup>st</sup> Dec 2009)