

The Merchant Street Hub - Activity Schedule 2025

Activities at the Hub: 1 Merchant Street, E3 4LY

Mondays

10am - 11am	Light Exercise	£1.00	Help build up some core strength with gentle exercise
12pm - 1pm	Lunch Group	£6.00	A range of main meals and deserts served in one sitting. Must be ordered in advance.
1pm - 3pm	ELBA Digital Workshop	FREE	Need support with your digital devices? Join a team of dedicated volunteers to assist you
1:30pm - 3:30pm	Board Games Club	FREE	Never be bored playing favourites, such as Trivial Pursuit, chess, & more

Wednesdays

10am - 11:30am	Knitting Group	£1.00	Relax & learn to knit in this friendly group
10am - 12pm	Walking Group	FREE	Join us for a refreshing walk, exploring local sights and enjoying friendly company
10am - 1pm	Digital Drop-in	FREE	1-to-1 session to support you with your mobile phone, tablet or laptop
11am - 12:30pm	English Conversation Group	FREE	Learn & improve your English language
12pm - 1pm	Lunch Group	£6.00	A range of main meals and deserts served at one sitting. Must be ordered in advance.
1pm - 2pm	Zumba	£1.00	Get active and have fun with this energizing Zumba session, designed for all abilities.
1:30pm - 3:30pm	Board Games Club	FREE	Never be bored playing favourites, such as Trivial Pursuit, chess, & more
2:30pm - 3:30pm	Arts & Crafts Group	£1.00	Come along to learn and share creative skills

Refreshments available throughout the day

Thursdays

10am - 1pm	Sewing & Alteration Clinic	FREE	Whether you're new or experienced, join us to build confidence and skills.
10:30am - 12:30pm	Stroke Group (Fortnightly)	£1.00	Support group for stroke victims and survivors
12pm - 1pm	Lunch Group	£6.00	A range of main meals and deserts served at one sitting. Must be ordered in advance.
1:30pm - 2:30pm	Chair Exercise & Meditation	£1.00	Light chair exercises and meditation
1:30pm - 4pm	Quiz/Karaoke/Bingo/Forum	FREE/ £1.00	A different activity each week!

Activities in Bow

Gawthorne Court, Mostyn Grove, E3 2DU

Tuesdays: 11:30am - 12:30pm	Bingo	£1.00	Join us for a fun-filled Bingo session
Thursdays: 10am - 12pm	Ekota Women's Group	FREE	Local Muslim women's group that learns and explores the Quran

Online Activities

1st Monday: 10:30am - 11:30am	Online Exercise (Online via Zoom)	FREE	A low-impact online exercise session from the comfort of your home.
1 st & 3 rd Tuesday: 10:30am - 11:30am	Virtual Tour (Online via Zoom)	FREE	Explore the rich traditions, cultures, and fascinating histories of each country we visit.
Tuesdays: 2pm - 3pm	Online Quiz (Online via Zoom)	FREE	A fun and friendly quiz, open to all levels
Wednesdays: 10am - 11am	Playlist for Life (Online via Zoom)	FREE	Love music? Join us for a journey through the sounds you love
Wednesdays: 12:30pm - 1:30pm	Reader Group (Online via Zoom)	FREE	Listen to stories and read aloud to share your thoughts in a relaxed & friendly group setting

Address: Bow Road Methodist Church, 1 Merchant Street, Bow, E3 4LY

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