

# IVY CLUB – THE GREEN NUNHEAD

A weekly social club and gathering for people in the local area, aimed primarily at those aged 50 and over, but absolutely open to all.

We aim to create a welcoming and fun space for the community to come together and enjoy one another's company in a relaxed and convivial setting.

## EVERY THURSDAY:

10am: Chair exercises (great for helping to keep mobile and healthy as we age!)

11am: Activities, arts and crafts, and snacks

1pm: Green Singers (everyone is encouraged to sing along!)

## CONTACT US

0207 732 6543

5 Nunhead Green  
Nunhead  
London SE15 3QQ



PLEASE SCAN THE QR  
CODE AND TAKE A  
MINUTE TO FILL OUT THIS  
QUESTIONNAIRE ABOUT  
HOW YOU'VE FOUND ANY  
CLASSES AND WHETHER  
THIS LEAFLET WAS  
USEFUL

*KCL  
X  
Elm Lodge  
Surgery*



# ACTIVITIES NEAR YOU!

Discover, Connect, Thrive!  
Local Classes for Seniors



# FRIENDS FOR LUNCH

A light lunch hosted by St Barnabas  
in partnership with LinkAge Southwark.

It is on the last Wednesday of  
each month from 12-2pm.  
Please book by emailing.

Join us and enjoy a light lunch, good  
company, and the chance to connect  
with neighbors. Held in the heart of  
Dulwich, it's the perfect opportunity  
to build community bonds over a  
casual meal. Don't miss out on this  
fantastic gathering!

## DEAR COMMUNITY,

Embark on a journey of well-being  
and community involvement  
with our guide to free classes  
near your GP surgery.

As King's College London medical  
students, we've partnered with  
your GP team to make connecting  
with those around you easier and  
more enjoyable!

Inside, find details about classes,  
schedules, and locations.

**YOUR JOURNEY TO  
ENHANCED WELL-BEING  
STARTS HERE!**

## CONTACT US

**0208 6931 524**

[liz.barnett@stbarnabasdulwich.co.uk](mailto:liz.barnett@stbarnabasdulwich.co.uk)

St Barnabas Church  
40 Carlton Avenue  
SE21 7DG

## SING 4 ALL CHOIR

A community choir for older  
people.

Come and join us to sing your  
heart out, make new friends,  
and of course enjoy a nice cup  
of tea too.

**EVERY TUESDAY  
FROM 2.15 – 3.45PM**

Whatever your experience or  
background, we would love you to  
come and get involved with our  
friendly group!

## CONTACT US

**07951 435 343  
07957 010 799**

Rosendale Centre  
147 Peabody Cottages  
Rosendale Road  
LONDON, SE24 9DR



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