



The Social Hub: October's Activities

Free for All members to Join

W/C: 05.10.26		
Centre	Date & Time	Activity / Workshop
Oasis	Monday, 10:00 – 12:00	Coffee Morning
KTSC	Tuesday, 10:00 – 12:00	Coffee Morning
Talacre	Wednesday, 10:00 – 12:30	Coffee Morning
Swiss	Thursday, 10:00 – 12:00	Coffee Morning
PSL	Friday, 10:00 – 12:00	Table Tennis Drop-In
W/C: 12.10.26		
Centre	Date & Time	Activity / Workshop
Oasis	Monday, 10:00 – 12:00	Boules
KTSC	Tuesday, 10:00 – 12:00	HIIT and Gym Induction with Alison - Limited Spaces. To book, email camden@gll.org
Talacre	Wednesday, 10:00 – 12:30	Table Tennis 10:00 – 12:30 & Walking Football Drop-In 11:00 – 12:00
Swiss	Thursday, 10:00 – 12:00	Table Tennis Drop-In
PSL	Friday, 10:00 – 12:00	Meet the Manager & Coffee Morning
W/C: 19.10.26		
Centre	Date & Time	Activity / Workshop
Oasis	Monday, 11:00 – 11:45	Aqua Aerobics with Rita - Limited Spaces. To book, email camden@gll.org
KTSC	Tuesday, 10:00 – 12:00	HIIT and Gym Induction with Alison - Limited Spaces. To book, email camden@gll.org
Talacre	Wednesday, 10:00 – 12:30	Table Tennis 10:00 – 12:30 & Walking Football Drop-In 11:00 – 12:00
Swiss	Thursday, 10:00 – 12:00	Table Tennis Drop In
PSL	Friday, 10:00 – 12:00	Board Games
W/C: 26.10.26		
Centre	Date & Time	Activity / Workshop
Oasis	Monday, 10:00 – 12:00	Pumpkin Carving Competition
KTSC	Tuesday, 10:00 – 12:00	Visiting Angels: Crochet and Connect
Talacre	Wednesday, 10:00 – 12:30	Table Tennis 10:00 – 12:30 & Walking Football Drop-In 11:00 – 12:00
Swiss	Thursday, 10:00 – 11:00	Group Gym Induction with Gage. Induction every half hour
PSL	Friday, 10:00 – 12:00	Pumpkin Carving Competition

Any questions or to book a fitness class, please contact: camden@gll.org

