



# JUNE 2010

## RUSHEY GREEN TIME BANK

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SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <b>Chair Exercise</b> 09.45 – 10.45 <b>Hints &amp; Tips</b>	<b>2</b> <b>French Group</b> 11.00 – 12.00 <b>Tea &amp; Chat</b> 2.00 – 4.00	<b>3</b> <b>Parent &amp; Baby</b> 10.00 – 12.00 <b>Walking Group</b> 11.00 – 12.00	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> <b>Art Expression Group</b> 10.00 – 11.00	<b>8</b> <b>Chair Exercise</b> 09.45 – 10.45	<b>9</b> <b>French Group</b> 11.00 – 12.00 <b>Tea &amp; Chat</b> 2.00 – 4.00	<b>10</b> <b>Parent &amp; Baby</b> 10.00 – 12.00 <b>Walking Group</b> 11.00 – 12.00	<b>11</b> <b>Poetry Group</b> 10.30 – 12.30
<b>12</b>	<b>13</b>	<b>14</b> <b>Art Expression Group</b> 10.00 – 11.00	<b>15</b> <b>Chair Exercise</b> 09.45 – 10.45	<b>16</b> <b>French Group</b> <b>Caring for Carers</b> 10.30 – 3.00 <b>Tea &amp; Chat</b>	<b>17</b> <b>Parent &amp; Baby</b> 10.00 – 12.00 <b>Walking Group</b> 11.00 – 12.00	<b>18</b>
<b>19</b>	<b>20</b> <i>Father's Day</i>	<b>21</b> <b>Art Expression Group</b> 10.00 – 11.00	<b>22</b> <b>Chair Exercise</b> 09.45 – 10.45	<b>23</b> <b>French Group</b> 11.00 – 12.00 <b>Tea &amp; Chat</b> 2.00 – 4.00	<b>24</b> <b>Parent &amp; Baby</b> <i>Cookery Day</i> 10.00 – 12.00 <b>Walking Group</b> 11.00 – 12.00	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> <b>Art Expression Group</b> 10.00 – 11.00	<b>29</b> <b>Chair Exercise</b> 09.45 – 10.45	<b>30</b> <b>Drop-In</b> 10.30-11.30		

**FOR DETAILS OF EVENTS AND GROUPS PLEASE SEE OTHER SIDE**

**Art Expression Group:** explore your creative side in a friendly atmosphere with other Time Bank members;  
**Location:** Room 21, Rushey Green Time Bank; **Cost: 1 credit**

**Chair Exercise Class:** gentle chair-based exercise for the over 55s to help you keep fit and healthy;  
**Location:** Room 21, Rushey Green Time Bank; **Cost: 1 Credit (non-members £1)**

**French Group:** learn French together with other Time Bank members  
**Location:** Room 21, Rushey Green Time Bank; **Cost: 1 Credit**

**Tea & Chat:** our weekly social event and your chance to meet other Time Bank members  
**Location:** Room 21, Rushey Green Time Bank; **Earn: 1 Credit**

**Drop-In Coffee Morning:** our monthly get-together and your chance to meet other Time Bank members and catch up on Time Bank news  
**Location:** The M-Eating Place, 127 Rushey Green (*opposite Argos*); **Earn: 1 Credit**

**Parent & Baby Group:** the chance for parents to get out of the house and meet other parents  
**Location:** Ladywell Children's Centre, 30 Rushey Mead; **Cost 2: Credits (non-members: £1)**

**Walking Group:** improve your health and well-being with a walk around Ladywell Fields; all levels of fitness catered for;  
**Location:** Main reception, Lewisham Hospital; **Earn: 1 Credit**

**Poetry Group:** have fun creating poems; no previous poetry experience necessary.  
**Location:** Rushey Green Time Bank.

**Hints and Tips Meeting:** a friendly, 'how-to' sharing session on Time Bank practice  
**Location:** Jolly Farmers pub, next to Ladywell Parish Church

**Caring for Carers:** help and advice for carers in Lewisham; for more information call 0208 314 3863  
**Location:** Civic Suite, Town Hall, Catford