



AUGUST 2010

RUSHEY GREEN TIME BANK

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SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4 French Group 11.00 – 12.00 Tea & Chat 2.00 – 4.00 SCREENING OF RGTB 10YR FILM! @ 3PM	5 Walking Group 11.00 – 12.00	6
7	8	9	10 Chair Exercise 09.45 – 10.45	11 French Group 11.00 – 12.00 Tea & Chat 2.00 – 4.00	12 Walking Group 11.00 – 12.00	13 Poetry Group 10.30 – 12.30
14	15	16	17 Chair Exercise 09.45 – 10.45	18 French Group 11.00 – 12.00 Tea & Chat 2.00 – 4.00	19 Walking Group 11.00 – 12.00 Wellbeing day with Paxton Green 1-6pm	20
21	22	23	24 Chair Exercise 09.45 – 10.45	25 RGTB SEASIDE TRIP TO LITTLEHAMPTON	26 Walking Group 11.00 – 12.00	27
28	29	30	31 Chair Exercise 09.45 – 10.45			

FOR DETAILS OF EVENTS AND GROUPS PLEASE SEE OTHER SIDE

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

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.