

Face-to-Face Friday Evening Events

Friday Evening Events

At Jean Stokes Community Centre, N1 0DX.

Friday FORTNIGHTLY, 6.30-8.45pm.

No booking required (Friday Evening Events only).

Enjoy the entertainment, connect with the community, meet new people, and have fun! From Music and Comedy to History and Health, there is something for everyone.

Refreshments included! Vegetarian options available. Gluten free and vegan options available on request.

THREE: Theatre Show

Friday 5th April, 6.30-8.45pm

Theatre company Dangerosity presents THREE, a tragicomic piece of theatre about what it means to be human; highlighting themes of self-love, compassion, and loneliness.

Managing Sleep and Wellbeing

Friday 19th April, 6.30-8.45pm

Explore how to manage sleep and wellbeing with Icope. Come along to find out more about the topic and chat to others who share an interest.

Comedy: Murky Malarky at Hatton Garden

Friday 3rd May, 6.30-8.45pm

Lester Hillman is back to explore all things comedy in and around our area. Murky Malarky at Hatton Garden is what will be explored this week.

Special Stage and Ivor Game

Friday 17th May, 6.30-8.45pm

Sing along, enjoy the music and vote for your favourite performance!

Have Your Say And Social

Friday 31st May, 6.30-8.45pm

What do you want SLT to do differently in the future? Let us know in this HYS event and social night.

Rona Topaz

Friday 14th June, 6.30-8.45pm

Enjoy an evening of cabaret, featuring original songs and well known covers from the 60's to the Noughties.

Comedy: The Clerk's Well

Friday 28th June, 6.30-8.45pm

Lester Hillman is back to explore all things comedy in and around our area. The Clerk's Well is what will be explored this week

Arts

Monday Meet-Ups Social Group

The group will get together twice per month, one social in Costa Coffee on Caledonian Road and one social outing, supported by SLT staff Katy and Cady.

8th April, 1-3pm at Costa Coffee, Caledonian Road

22nd April, 1-3pm Outing: Alexandra Palace

13th May, 1-3pm at Costa Coffee, Caledonian Road

20th May, 1-3 pm Outing: ST Martin-In-the-Field

10th June, 1-3pm at Costa Coffee, Caledonian Road

24th June, 1-3pm Outing to Waterlow Park

'Write Away' - A Poetry Course with Bill Dury

Thursdays 2-3pm (F2F)

Starts 23rd May, ends 12th July.

Explore your imagination and learn new techniques and writing styles in this **8 week** creative writing and poetry course run in collaboration with Islington Mind. Connect with like-minded individuals and self-express in a safe and friendly environment. Led by Bill Dury. All levels are welcome. *(Some eligibility criteria apply.)*

Estorick Art Workshops

Join our friendly, creative community art workshops. Get creative and relax with like-minded people. Explore the gallery's internationally acclaimed exhibitions and collections and be inspired to create your own artwork.

(F2F)

Tuesday 21st May, 3-5pm

Tuesday 4th June, 3-5pm

Tuesday 18th June, 3-5pm

Tuesday 9th July, 3-5pm

Choir

Thursdays, 5.30-7pm (F2F)

Choir is back with Cici for a new term, starting 9th May. Runs **weekly** every Thursday until the *end of term 4th July*. *There will be a week break 30th May*
We will be back again 3rd October.

Philosophy Forum

Join our Philosophy discussion group and ponder the greater questions in life. (F2F)

Sunday 5th May, 3.30-6pm

Sunday 19th May, 3.30-6pm

Sunday 2nd June, 3.30-6pm

Sunday 16th June, 3.30-6pm

Sunday 30th June, 3.30-6pm

What's On Spring Term April-June

Art Visit

Charter House Tour (F2F)

Thursday 18th April, 1:45pm-3.45pm

Tour of this historic building dating back to the 14th century. The tour will be led by one of the Charter House brothers with tea and coffee at the start.

Wellbeing

Gentle Exercise: Building Energy through Movement (Zoom)

Tuesdays, 12-1pm

Chinese movements to increase energy and resilience. Come and get stronger! With Peter. Term starts on 7th May and ends 23rd July.

Men's Club: Keep fit and chat (F2F)

Thursdays, 1.30-2.45pm

Longevity Keep Fit with Qi Gong Exercises followed by a coffee social. Term starts on 11th April.

Let's Sing (F2F)

Saturday 27th April, 2.30-4.45pm

A fun and informal workshop, enjoy singing heart-warming songs, even if you think you can't sing. With Cici.

Let's Dance (Zoom)

Saturday 25th May, 2.30-3.30pm

Lift the spirt and have fun with invigorating easy dance moves.

Mindfulness (Zoom)

Saturday 29th June, 2.30-4.45pm

Join our rejuvenating mindfulness class. Learn and practice helpful mindfulness techniques in a supportive friendly group, to promote relaxation and wellbeing. With Katy.

Chi Kung and Sitting Yoga(F2F) 6-Week Course

Re-boot & re-balance to your body, mind and spirit! The classes are based on gentle, rhythmic movements that de-stress and enhance wellbeing. With Belinda and Katy

Suitable for all levels of experience. Zoom-only booking is available.

The first 3 weeks will be Chi Kung, followed by 3 weeks of sitting yoga

Saturday 4th May, 3-4.45pm (F2F)

Saturday 11th May, 3-4.45pm (ZOOM)

Saturday 15th June, 3-4.45pm (F2F)

Saturday 22nd June, 3-4.45pm (F2F)

Saturday 13th July 3-4.45pm (ZOOM)

Saturday 20th July 3-4.45pm (F2F)

BOOKING OR MORE INFO:

Email: info@slt.org.uk

Call and leave a message on: 020 7713 9304.

Places are limited, booking essential.

What's On Spring Term April-June

Nature

Kew Gardens (F2F)

Wednesday 3rd April, 11-3pm

Trees and flowers from around the world in vast gardens with huge greenhouses and treetop walkways.

Camley Street Natural Park (F2F)

Wednesday 10th April, 1.30-3pm

Discover Camley Street in Spring and learn about the seasonal flora and fauna with canals, interesting wildlife architecture.

Regent's Park St John's Lodge (F2F)

Wednesday 24th April, 1.30-3pm

Designed as a series of compartments ornamented with sculpture and stonework, made to be 'fit for meditation' by Robert Weir Schultz in 1889.

Queen Elizabeth Olympic Park (F2F)

Wednesday 1st May, 12-3.30pm

World-renowned destination nestled in the heart of east London. This iconic park was home to the 2012 Summer Olympics.

About Stuart Low Trust

Stuart Low Trust Hopes to bring people together through our free activities, to help people find enjoyable activities, friendly faces and all without monetary limitation.

More about us

Office 1, Jean Stokes Community Centre,
Carnoustie Drive, London, N1 0DX

Website: www.slt.org.uk

Charity number 1102325 Company number 5001948

New River Walk and St Paul's Shrubbery (F2F)

Wednesday 15th May, 1.30-3pm

Discover signs of spring along the river. Hosts a wide variety of tree and birds.

Gillespie Park and Ecology Centre (F2F)

Wednesday 29th May, 1.30-3pm

A guided walk and private tour of the park and centre. Beautifully scenic walkways

Kensington Gardens (F2F)

Wednesday 5th June, 12-4pm

Explore historic tree avenues, majestic vistas, amazing statues and blossoming flower walks.

Queen Mary's Rose Garden (F2F)

Wednesday 12th June, 1.30-3pm

In 1932 Queen Mary's Gardens opened to the public. The rose garden is London's largest collection of roses with approximately 12,000 roses.

Calthorpe Community Gardens (F2)

Wednesday 26th June, 1.30-3pm

Discover an oasis of green in the heart of Kings Cross. This community garden promotes sustainable gardening filled with home grown food crops.

Registered with

