

Opportunities for **new** people to join in

Some activities have not yet re-opened others have but with social distancing cannot take new people.

These activities can:-

Mainly aimed at 60+, but others welcome. Just come along if you would like to try out

- **Line dancing** Mondays 2-3 Improvers and 3.15-4.15 Beginners. £4 per class. Tutor Jean le Clerc £12 for 4 sessions.
- **Gentle Exercise** Tuesdays 10.30- 11.30 2 vacancies. Cost £3 a session (less if you can't afford that). Group activity with an excellent very experienced tutor. Some people stay and chat afterwards. Just come and try if interested. From 11th Nov. there will also be a further class on a Thursday 10.30-11.30
- **WACi Arts.** Tuesdays 1.30 – 3.30 self –running group for those who enjoy painting and drawing . Cost £2 for materials
- **Sewing group** Tuesdays 1.30 -4 Now have Volunteers who can help men and women who need help in how to mend or make clothes.
- **Men's group** Weds 2-3 . Opportunity to meet others, chat about football etc. Tea/ Coffee. Possibly create other activities if those attending so decide. Newish. Going well.
- **Out and About Club** – Thursdays 12 -3 talk together, arranges some outings for members. Open to all. £2 towards refreshments.
- **Mauritian Pensioners Group** – friendship group which converses and then plays Bingo in French. Welcomes all French speakers Thursdays 12-3
- **Monthly Tea-Dance** First Thursday of the month. 11.45-1.45 £8 (£6 advanced ticket). Buffet included.
- **Tai Chi – can now take new people** . Weds 2.15-3.15 cost £4

Other activities

- **Children** – various dance groups for different levels. See website www.dtdance.com. **Adult Ballet** – see same website
- **Karate** – adult and some younger. renshinkanlondon@gmail.com
- **Sword Fencing** – new people being recruited for beginners group £70 for a 6 week course www.southlondonfencingclub.co.uk
- **Rock 'n Roll Class** Mondays. Divides into 2 levels with different tutors. 7pm-8.15pm. £8 per class.
<https://www.parisrockclub.com/> email parisrockclub@gmail.com
- **Divine Word of God Church** - Membership strongly associated with Nigeria Fridays 7pm -9 pm
- London School of Samba Dance and Drumming classes Sundays 6-9 <https://londonschoolofsamba.co.uk/>
- **Life drawing** Several evening and day sessions. See <https://londondrawing.com/venue/waterloo-action-centre>
- **Salsateca** Tuesdays 6.30pm-9.30pm 07587 066 360
<https://salsateca.co.uk/>
- **Bachata** Wednesdays 6.30pm-8.30pm
instagram.com @ biskitypaola_bachata

Users sessions to defend WAC - Tuesdays at 1pm – all welcome

Also – Waterloo Legal Advice Service is now able to help a few people, but only by appointment. More info see

https://www.waterlooactioncentre.co.uk/legal_advice.html.

Welfare benefits advice for over 60s or people with disabilities who live in SE1 or SE11. Phone to arrange preferably on Mondays, Weds or Fridays 9-3 020 7261 1404

Computer access with some help Tuesdays and Thursdays 2-4
Previous computer users of WAC who know how to use computers can also access computers 10 -2 Tuesdays and Thursdays.

Halls are available for hire at WAC . Less availability now as more groups have started back but for what there is see

https://www.waterlooactioncentre.co.uk/hall_hire.html