

# WHAT MEMBERS SAY

- **“I like the people and Bowls”** Graham
- **“People are friendly to newcomers”** Emmanuel
- **“Staff care and look out for us ”** Enid
- **“I build my week around my well-being activities”** Ellen
- **“Like the people, Activities”** Margret
- **“It Fun it makes me laugh”** Lillian



# STAFF TEAM

- Nigel Williams:** Service Manager
- Phil Watkinson:** Premises Manager
- Belinda Feldman:** Project Assistant
- Beverly Bryant:** Cook
- Tanya Simmonds:** Admin Assistant

For general enquiries about HRH services:

Email : [admin@highbury-roundhouse.org.uk](mailto:admin@highbury-roundhouse.org.uk)

# HOW TO FIND US



**Bus Routes:** 19, 4, 236

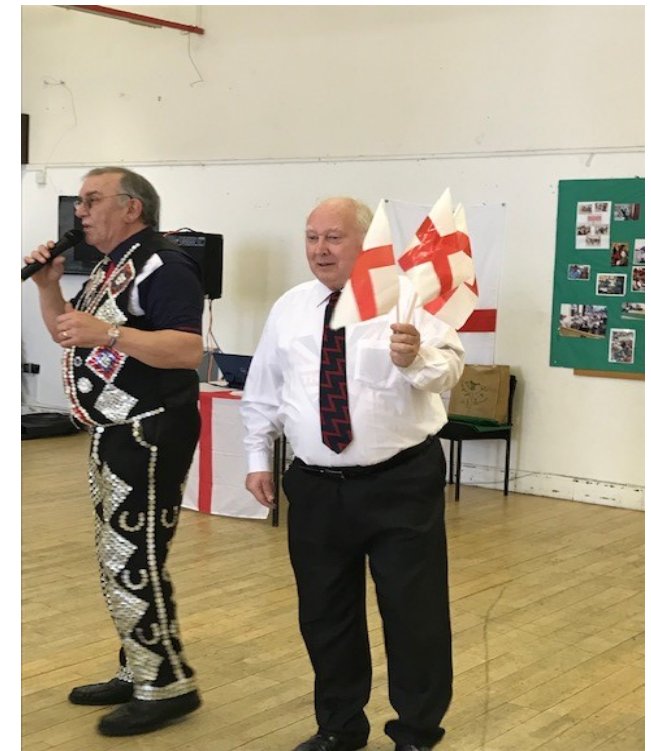
**Bus Stop:** Riversdale Road

**Sotheby Mews Day Centre**  
T: 020 7226 1421  
E: [sothebymews@gmail.com](mailto:sothebymews@gmail.com)

**2 Sotheby Mews, Sotheby Road,  
Islington, N5 2UP**

Highbury Roundhouse  
T: 020 7359 5916  
W: [www.highbury-roundhouse.org.uk](http://www.highbury-roundhouse.org.uk)

Registered Charity No. 288370



# SOTHEBY MEWS ACTIVITIES PROGRAMME

Tuesday - Friday 9.45am to 4pm  
April– June 2022

**HIGHBURY  
ROUNDHOUSE**  
Putting the heart back into the community

OLDER PEOPLE  
SERVICES

ISLINGTON



# ACTIVITIES



## MONDAY

11 am -12.30 pm Active Memory Group

## TUESDAY

10.30 - 11.30 am Arts & Crafts  
11am - 12.15 pm Equipped for Life with Gee  
1.30 - 2.30 pm Keep Fit with Gee

## WEDNESDAY

10.30 - 11.30 am Keep Fit with Liz  
11am - 12.15pm Sotheby Singers  
11.45 am - 12.30 pm Chair Based exercise TBC  
1.30 - 2.45 pm Bingo  
1.30 pm Short Mat Bowls

## LUNCHES

Served Tuesday to Friday at 12.30pm

We aim to cater for individual, cultural, and religious dietary needs.

## THURSDAY

10.30 - 11.30 am Chair Based Pilates  
10.30 am - 12.00 pm Art Class  
10.30 am - 12.00 pm Film Club  
1.45 - 3.15 pm Bingo  
1.30 - 2.30 pm Men's keep fit (tbc)

## FRIDAY

10.00 - 11.00 am Therapeutic Yoga  
1.30 - 3.30 pm Sotheby Singers  
1.30 pm Short Mat Bowls

## EVENTS AT SOTHEBY MEWS

21 April - St Georges Day Event - 1 - 3.30 pm  
With the Cockney Sparrows

1 June - Jubilee Party - 1 - 3.30 pm  
With Special Guests

## WELCOME BACK!

Please join us for activities, events, meals and refreshments.

## Keep fit class charges

£3 Equipped for life, Liz's, Men's keep fit, Pilates, Therapeutic yoga  
£5 Keep fit with Gee

## DIAL A RIDE

If you are eligible please join and use Dial-a-Ride contact TFL 0343 222 7777 we would love to see you!