

COPLESTON WEEKLY PROGRAMME

MONDAY

Morning Prayer
8.30am

Baby Sensory Sessions
10-10.45am
11-11.45am

Coffee Morning
with home made cake
10.45am - 12.00 pm
Community Café
LUNCH
12.30pm-2.30pm

Silver Soca Caribbean
Dance Exercise
11.30am-12.30pm
and
Chair-based Silver Soca
12.30-1.30pm
with
Sheba Montserrat

Dominoes
1.30pm-3pm

Strength & Balance
2pm-3pm
by referral

Community Yoga
with Lucy
6.30pm-7.30pm
Peckham Rye Sings
7.30pm-9pm

TUESDAY



Morning Prayer
8.30am

Southwark Day
Centre for
Asylum Seekers
(SDCAS)

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Kadampa
Meditation Class
7pm-8.15pm

WEDNESDAY

Morning
Prayer
8.30am

Chair Yoga
with
Claudia Cumberbatch
11.30am-12.30pm

Community Café
LUNCH
12.30pm-2.30pm

Life Writing
2.30pm-4pm
with
Michael Holland

Cubs
6.30-7.30pm
Scouts
7.45-9.00pm
all fortnightly

THURSDAY

Morning Prayer
8.30am

TappyToes
10am-11.30am

Art Therapy
12pm-1.30pm
by referral
Art Cafe
2.15pm-3.45pm
by referral

Copleston Church
Coffee Morning
11am-12.30pm
Reading and
discussion group
2pm-3.30pm

Reggae Choir
7pm-9pm

FRIDAY

Morning Prayer
8.30am

Chi Kung
seated exercises
11.15am-12.15pm
with
Andreas Demetriou

Tai Chi
12.30pm-1.30pm
with
Andreas Demetriou

Talking About Music
1.30pm-3pm
with
Frances Barrett



SATURDAY

South East London
Yoga
9.30am-11am

Cafe, Kitchen
and Hall for hire
1-5pm
6-11pm

SUNDAY

Copleston
Church
Inclusive Anglican
or URC Communion
Services 10am

SUNDAY

Cafe Church
first Sunday of the
month 10am

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