

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><b>Drop – In Session at PGGP, 1pm – 3pm</b> (more details on Bulletin)</p> <p><b>Social Fun at Cheviot Gardens, 2pm – 5pm</b> (PTO for more info)</p>	<p><b>Walking Group Meeting at 10.30am</b> (PTO for more info)</p> <p><b>Talking Group Drop - In at Brewbird Café, Camberwell, Church St SE5 8JB, 11.30am –2.30pm</b></p> <p>Laughing Yoga, Connect and Do Space, 11.30 am – 12.30pm (PTO for more info)</p>		<p><b>Portrait Painting</b> Ackerman Centre, 2pm – 5pm (PTO for more info)</p> <p><b>OYSTER DAY OUT – Morden Hall Park,</b> Meeting Point: 10AM Gipsy Hill Station (See Bulletin)</p>	<p><b>Herne Hill Road Hub – Gardening,</b> Herne Hill Road Medical Centre, 12pm – 1.30pm. (See Bulletin)</p>		
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p><b>Social Fun at Cheviot Gardens, 2pm – 5pm</b> (PTO for more info)</p>	<p><b>Walking Group Meeting at 10.30am</b> (PTO for more info)</p> <p><b>Talking Group Drop - In at Brewbird Café, Camberwell, Church St SE5 8JB, 11.30am –2.30pm</b></p> <p>Laughing Yoga, Connect and Do Space, 11.30 am – 12.30pm (PTO for more info)</p>		<p><b>Portrait Painting</b> Ackerman Centre, 2pm – 5pm (PTO for more info)</p> <p><b>TBAGS Meeting</b> Time Bank Office, Kingswood House, 1pm – 3pm. (See Bulletin)</p>		<p><b>CAR BOOT SALE!</b></p> <p>THE FINAL ONE OF 2019</p> <p>See bulletin for details</p>	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>		<b>21</b>
<p><b>Drop – In Session at PGGP, 1pm – 3pm</b> (more details on Bulletin)</p> <p><b>Social Fun at Cheviot Gardens, 2pm – 5pm</b> (PTO for more info)</p>	<p><b>Walking Group Meeting at 10am</b> (PTO for more info)</p> <p><b>Talking Group Drop - In at Brewbird Café, Camberwell, Church St SE5 8JB, 11.30am –2.30pm</b></p> <p>Laughing Yoga, Connect and Do Space, 11.30 am – 12.30pm (PTO for more info)</p>	<p><b>Flatbread in the Square! 50 years young and above only!</b> Kingswood Community Shop 12.30pm – 3pm (See Bulletin)</p>	<p><b>Portrait Painting</b> Ackerman Centre, 2pm – 5pm (PTO for more info)</p>	<p><b>Herne Hill Road Hub – Gardening,</b> Herne Hill Road Medical Centre, 12pm – 1.30pm. (See Bulletin)</p>		<p><b>Kingswood House Open Day</b> 12.30PM – 4.30PM (See Bulletin)</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b>Social Fun at Cheviot Gardens, 2pm – 5pm</b> (PTO for more info)</p>	<p><b>Walking Group Meeting at 10.30am</b> (PTO for more info)</p> <p><b>Talking Group Drop - In at Brewbird Café, Camberwell, Church St SE5 8JB, 11.30am –2.30pm</b></p> <p>Laughing Yoga, Connect and Do Space, 11.30 am – 12.30pm (PTO for more info)</p>		<p><b>Portrait Painting</b> Ackerman Centre, 2pm – 5pm (PTO for more info)</p>			
<b>30</b>						
<p><b>Social Fun at Cheviot Gardens, 2pm – 5pm</b> (PTO for more info)</p>						

<p>To find out more about an event contact the team member with the matching colour as the event. Or Call the main office on <b>020 8670 0990</b></p>	<p><b>PGTB Main Hub</b> <b>Purple Events</b> Contact <b>KEMI</b> <b>07445 436 628</b> or <a href="mailto:broker@pgtimebank.org">broker@pgtimebank.org</a></p>	<p><b>Time4Lambeth</b> <b>Blue Events</b> Contact <b>FUNMI</b> <b>07789 705 777</b> or <a href="mailto:time4lambeth@pgtimebank.org">time4lambeth@pgtimebank.org</a></p>	<p><b>Time2Connect</b> <b>Green Events</b> Contact <b>FABIENNE</b> <b>07462 627 273</b> or <a href="mailto:fabienne@pgtimebank.org">fabienne@pgtimebank.org</a></p>	<p><b>Herne Hill Hub</b> <b>Orange Events</b> Contact <b>PAT</b> <b>0208 670 0990</b> <a href="mailto:time4lambeth@pgtimebank.org">time4lambeth@pgtimebank.org</a></p>
---	---	---	---	--

### **Cheviot Gardens – West Norwood**

**Every Monday**

**2pm – 5pm**

Cheviot Gardens is a local sheltered Housing unit full of great people that what to be involved with timebanking and meet new people. If you want to meet new people and can help the residents join in the Timebanking fun then this is the activity for you. For all the information about Cheviot Gardens’ activities and how to get involved contact **Fabienne** on [fabienne@pgtimebank.org](mailto:fabienne@pgtimebank.org) or leave a message on **0208 670 0990** or text/ WhatsApp on **0746 262 7273** to find out more.

### **Walking Group**

**Meeting Point— Kingswood House Seeley Drive, SE21 8QR**

**Tuesdays, 10.30am—11.30am** (or until you had enough)

The walking group is continuing this month. We will continue to visit different green spaces we have locally. To get walk updates each week contact **Kemi** the **Broker** on **07445436628** or [broker@pgtimebank.org](mailto:broker@pgtimebank.org). Alternatively, turn up at Kingswood House on Tuesday Mornings.

## **Opportunities for members From the Friends of Paxton Green Time Bank**

### **Portrait Painting**

**Every Thursday**

**2pm – 5pm**

**Ackerman centre, 60 Patmos road, Brixton SW9 6AF**

With our Award Winning Artist and long-term member Lil. You will develop a great knowledge of painting materials and learn how to understand the structure of a head. Bring and share food for the last hour. *Transport: Bus P5 stops on Patmos Road literally outside the centre or Bus 3 to Vassell Road stop with a short 10 min walk down Vassell Road.* To register your interest contact Fabienne on **07462 627 273**.

### **Laughing Yoga**

**Every Tuesday**

**11.30am – 12.30am**

**Connect and Do Space, 107 Railton Road, Brixton, SE24 0LR**

Looking for a fun way to feel energized and improve your overall wellbeing/ Come and join us for Laughing Yoga. An hour of laughter, mindfulness, improvisation, games and childlike exercises. Don’t miss out. Email [connectanddo@certitude.london](mailto:connectanddo@certitude.london)