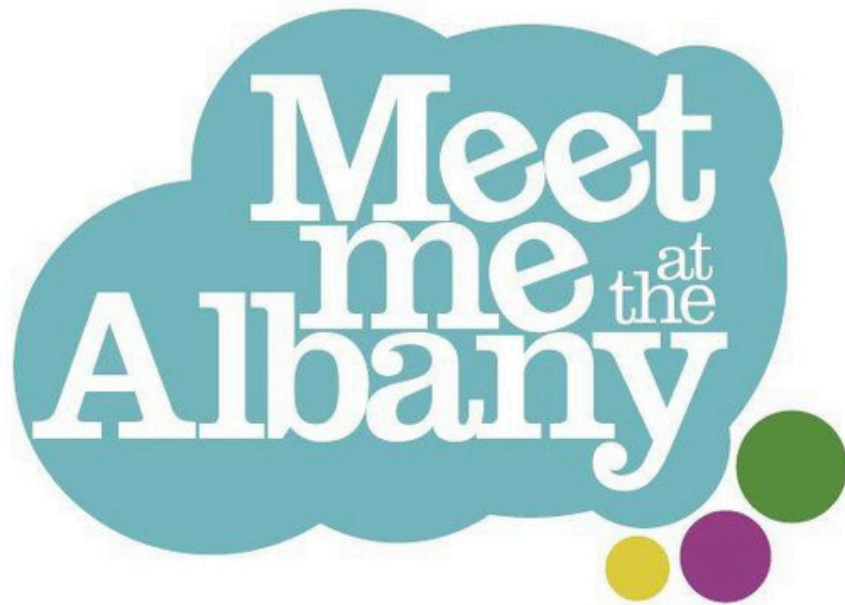
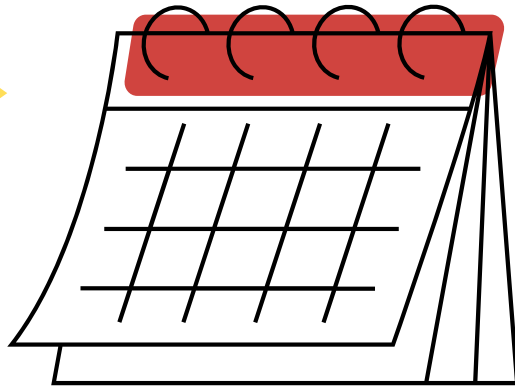
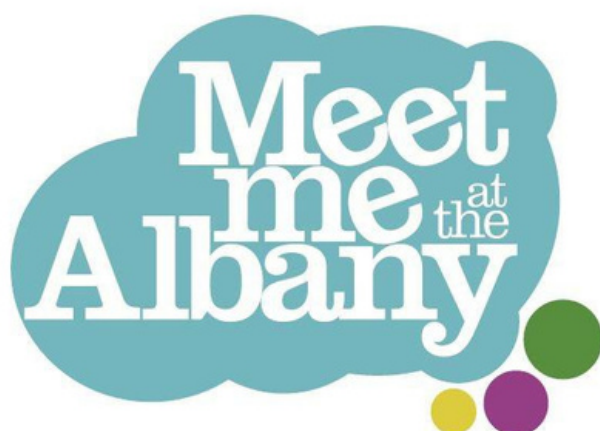


**January -  
March  
2026**



**WHAT'S ON?**



**Tuesdays**

10.30am - 2.30pm

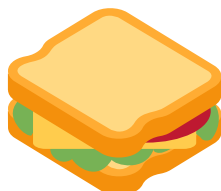


**The Albany**

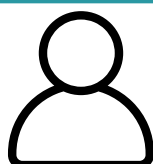
Douglas Way, Deptford, SE8 4AG



**£3** - includes teas, coffees,  
biscuits and activities



Please either bring your own lunch, or  
sandwiches are available to buy in the café



Open to those aged 65+

## Break for Christmas after the Winter Party

**FREE Teas and coffee morning on Tuesday 13<sup>th</sup> January**  
**First full day back - Tuesday 20<sup>th</sup> January**

### Tuesday 20th January

|                  |   |          |
|------------------|---|----------|
| 10.30am - 2.30pm | Big Meeting   | CaffA    |
| 11am - 12        | Choir with Rachel and Barney, joined by Sue and Chuck | Red Room |
| 1.30pm - 2pm     | Chair-based yoga taster session                       | Red Room |

### Tuesday 27th January

|              |   |                 |
|--------------|---|-----------------|
| 11am - 12    | Choir with Rachel and Barney, joined by Sue and Chuck | Red Room        |
| 11am - 12    | <i>Arts activity to be confirmed in the new year</i>  | CaffA           |
| 1pm - 2.30pm | Meet Me at the Movies                                 | Red Room        |
| 1pm - 2.30pm | Sue + Chuck working group                             | <i>Room TBC</i> |

## Tuesday 3rd February

|              |  |                 |
|--------------|--|-----------------|
| 11am - 12    | Choir with Rachel and Barney,<br>joined by Sue and Chuck | Red Room        |
| 11am - 12    | <i>Arts activity to be confirmed in<br/>the new year</i> | CaffA           |
| 1pm - 2.30pm | Sue + Chuck working group                                | <i>Room TBC</i> |
| 1pm - 2.30pm | Dance session with VI.SA dance                           | Red Room        |

## Tuesday 10th February

|              |  |                 |
|--------------|--|-----------------|
| 11am - 12    | Choir with Rachel and Barney,<br>joined by Sue and Chuck   | Red Room        |
| 11am - 12    | <i>Arts activity to be confirmed in<br/>the new year</i>   | CaffA           |
| 1pm - 2.30pm | Sue + Chuck working group                                  | <i>Room TBC</i> |
| 1pm - 2.30pm | Bijoux Stories - performance and<br>dance session with Abi | Red Room        |

## Tuesday 17<sup>th</sup> February

|              |  |                 |
|--------------|--|-----------------|
| 11am - 12    | Choir with Rachel and Barney,<br>joined by Sue and Chuck   | Red Room        |
| 11am - 12    | <i>Arts activity to be confirmed in<br/>the new year</i>   | CaffA           |
| 1pm - 2.30pm | Sue + Chuck working group                                  | <i>Room TBC</i> |
| 1pm - 2.30pm | Bijoux Stories - performance and<br>dance session with Abi | Red Room        |

## Tuesday 24<sup>th</sup> February

|              |  |          |
|--------------|--|----------|
| 11am - 12    | Choir with Rachel and Barney,<br>joined by Sue and Chuck   | Red Room |
| 11am - 12    | <i>Arts activity to be confirmed in<br/>the new year</i>   | CaffA    |
| 1pm - 2.30pm | Bijoux Stories - performance and<br>dance session with Abi | Red Room |

### **Tuesday 3rd March**

|              |  |          |
|--------------|--|----------|
| 11am - 12    | Choir with Rachel and Barney,<br>joined by Sue and Chuck   | Red Room |
| 11am - 12    | <i>Arts activity to be confirmed in<br/>the new year</i>   | CaffA    |
| 1pm - 2.30pm | Bijoux Stories - performance and<br>dance session with Abi | Red Room |

### **Tuesday 10th March**

|            |   |          |
|------------|---|----------|
| 11am - 12  | Choir perform their work formed<br>with Sue and Chuck | Red Room |
| 1 - 2.30pm | Meet Me at the Movies                                 | Red Room |

### **Tuesdays 17<sup>th</sup> and 24<sup>th</sup> March** **BREAK WEEKS - NO ACTIVITIES**

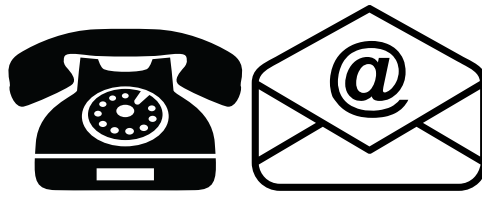
Free teas and coffees available in the CaffA from 10.30 - 12.30


### **Other Information**

Deptford Library Cinema Club  
Last Friday of every month  
2pm onwards  
FREE

Telegraph Hill Festival  
March 14<sup>th</sup> - 29th  
[www.telegraphhillfestival.org.uk](http://www.telegraphhillfestival.org.uk)

## Any queries? Get in touch:



|   |   |
|---|---|
| <b>Jasmine</b><br><i>Membership and<br/>access enquiries</i>                        | <b>07593 580 574</b><br>jasmine.sparrow@entelechyarts.org   |
| <b>Sophie</b><br><i>Meet Me Producer</i>  | <b>07981 164 938</b><br>sophie.merriman@thealbany.org.uk    |
|  | <b>The Albany</b><br>Douglas Way, Deptford, London, SE8 4AG |

*Meet Me* is led by charities Entelechy Arts and the Albany. The programme is supported by Lewisham Council, National Lottery Reaching Communities fund as well as independent trusts and foundations.

