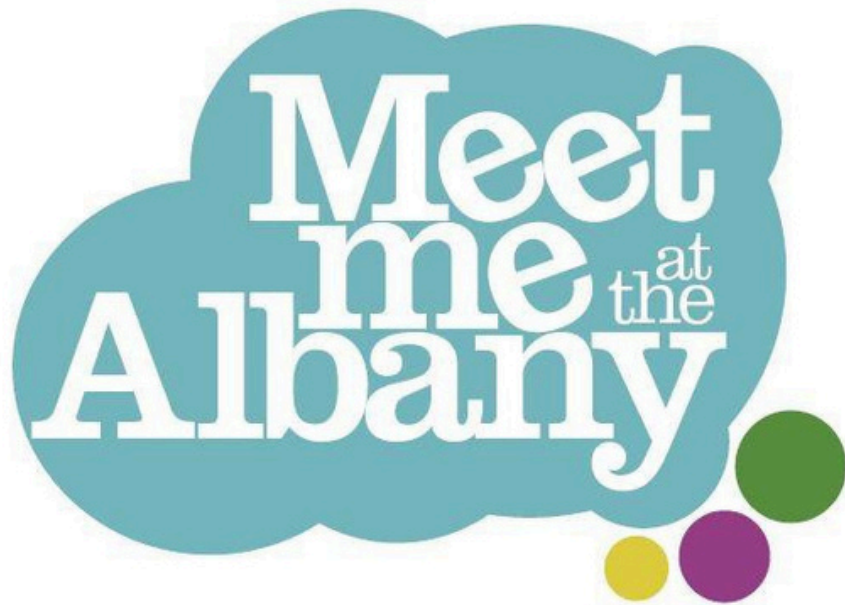
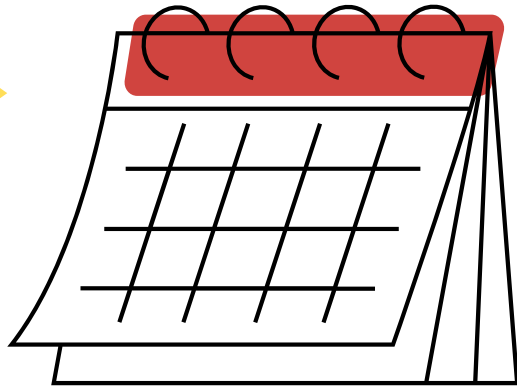
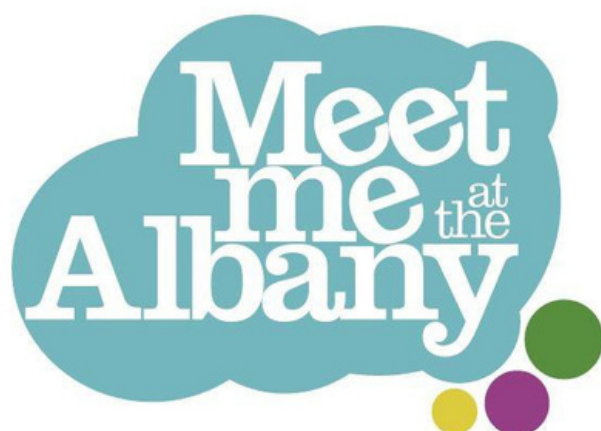



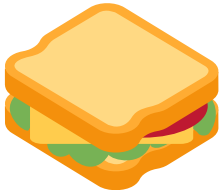
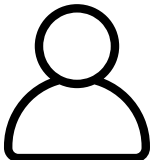


**October -  
December  
2025**



**WHAT'S ON?**



	<b>Tuesdays</b> 10.30am - 2.30pm
	<b>The Albany</b> Douglas Way, Deptford, SE8 4AG
	<b>£3</b> - 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+

**Tuesday 7th October and Tuesday 14th October -  
BREAK WEEKS**

**Free teas and coffees available in the café between  
10.30 and 12 on these days**

**Tuesday 21<sup>st</sup> October**

10.30am - 2.30pm	Set design & making for the Albany's Halloween Event	Cafe
10.30am - 12pm	Presentation from South East London Community Energy. Top tips for the winter!	Red Room
1pm - 2.30pm	Mindful Movement: Chair Exercise with Amy	Red Room

**Tuesday 28th October**

10.30am- 2.30pm	Set design & making for the Albany's Halloween Event	Café
11am - 12	Choir with Rachel and Barny	Red Room
1pm - 2.30pm	Mapping Histories in SE London: Drawing and discussion with Catherine Hahn	Red Room

## Tuesday 4<sup>th</sup> November

10.30am - 2.30pm	Making for Craft Stalls	Cafe
11am - 12	Choir with Rachel and Barny	Red Room
11am - 12	Be part of planning the Winter Party with Sophie	Cafe
1pm-2.30pm	Mapping Histories in SE London: Drawing and discussion with Catherine Hahn	Red Room

## Tuesday 11<sup>th</sup> November

11am - 12	Making for Craft Stalls	Cafe
11am - 2.30pm	Explore Craft: Crochet with Siqing and Na	Café

### Crochet a Cup of Tea

Introduction: Winter is the perfect time to gather with a warm drink and a story to share. Together we will crochet scarves that can be rolled up to resemble a cosy cup of tea or coffee, inspired by the unique hot drinks that bring comfort to our families and cultures.

**Activities continued overleaf**

## Tuesday 11<sup>th</sup> November **continued**

11am - 12	Choir with Rachel and Barny	Red Room
1pm - 2.30	VI.SA Dance Company - introductory dance session	Red Room

Join Sara and Virginia for a dance and movement workshop. This is a taster session, ahead of a series of sessions leading to a performance in Spring 2026. The project explores themes of migration, identity, isolation, and belonging. All welcome. No previous experience required!

## Tuesday 18<sup>th</sup> November

11am - 12	Explore Craft: Lace knitting with Ted	Cafe
1pm-2.30pm	Visual Arts and poetry with Rebecca	Café

Draw on your personal experience and develop artwork that can include both words and images. Each week enjoy exploring through text, painting, collage and print making, developing your creative piece at your own pace. Celebrate your work in a pop-up exhibition at the Meet Me Winter Party in December.

11am-12	Choir with Rachel, Barny, Sue and Chuck	Red Room
1pm-2.30pm	MMA 2026: Have your say about the programme. Drop In	Red Room

## **Tuesday 25<sup>th</sup> November**

11am - 12	Explore Craft: Lace knitting and quilting with Ted	Cafe
1pm-2.30pm	Visual Arts and poetry with Rebecca	Café
11am-12	Choir with Rachel, Barney, Sue & Chuck	Red Room
1pm-2.30om	Interactive performance session with Sue and Goldsmiths students	Red Room

## **Tuesday 2<sup>nd</sup> December**

11am - 12	Choir with Rachel, Barny, Sue & Chuck	Red Room
11am - 2:30pm	Expore Craft: TBC Weaving	Café
1pm - 2.30pm	Visual Arts and poetry with Rebecca	Cafe

## **Tuesday 9<sup>th</sup> December**

11am - 12	Choir with Rachel, Barny, Sue and Chuck	Red Room
11am - 12	Expore Craft: TBC Weaving	Café
1 - 2.30pm	Mindful Movement: Chair Exercise with Amy	Red Room
1 - 2.30pm	Visual Arts and poetry with Rebecca	Café

## **Tuesday 16<sup>th</sup> December**

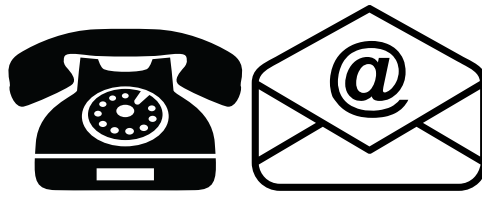
11am - 12	WINTER PARTY	Red Room
-----------	--------------	----------


**BREAK FOR CHRISTMAS**  
**Back on Tuesday 13<sup>th</sup> January 2026**

## **Extra information**

Last Friday of the month, 2pm	Movies Club run by the Library: Friday 31 <sup>st</sup> October, Friday 28 <sup>th</sup> November	Deptford Lounge
Tuesday 1 <sup>st</sup> December, 1pm	The Snow Queen: The winter production at the Albany. A matinee show for schools and families. MMA members welcome. £ TBC.	Main theatre, the Albany

## Any queries? Get in touch:



<b>Jasmine</b> <i>Membership and access enquiries</i>	<b>07593 580 574</b> jasmine.sparrow@entelechyarts.org
<b>Sophie</b> <i>Meet Me Producer</i>	<b>07981 164 938</b> sophie.merriman@thealbany.org.uk
	<b>The Albany</b> 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.

