

Pilates



A complete exercise method which focuses on building your body's core strength and improving your posture through a series of low repetition low impact stretching and conditioning exercises.

Pilates for beginners and intermediate is available on Thursdays in the afternoon and evening. Contact Clare on: 07753 522280



EDEN PARK

BRIDGE CLUB

Regular sessions on Tuesday and Friday afternoons.

Contact Glenys Lowndes on: 01689 859182



**FOUR SEASONS
BADMINTON CLUB**

Badminton every Thursday evening from 8.00 p.m All standards of players are welcome.

Contact David Wakeling on: 8688 4669



FLOWER ARRANGING

We have occasional flower arranging courses which usually take place a couple times year. All levels are welcome whether beginner, intermediate or advanced.

Contact Pat Freeman on: 8658 6774

If you would like any further information about these groups, please contact the groups directly on the telephone numbers shown, or alternatively, leave your details at the Church office and we will pass these on for you.

Church Office

Phone: 020 8650 3515

Mon, Tues, Thurs, Fri 8.30 am - 1.30 pm

(Closed Wednesdays)

E-mail: office@sjep.org

Website: www.sjep.org

**HEALTH, SUPPORT,
CARE &
COMPANIONSHIP
at
ST. JOHN'S**

*Church
for
Eden Park*

We have a number of groups who meet at St. John's and offer a variety of services, activities and skills that cater for health, support, care & companionship. The following groups are currently meeting regularly in our halls.

THE LINK



The Link is our Café. It's open every Monday and Wednesday from 10:30 am to 2:00 pm. A range of delicious snacks and lunches, including home-made cakes and desserts.

Don't eat alone..... come and join us!



OPEN HOUSE

Open House is a group for all ages and meets on alternate Wednesday afternoons at 2:00 pm.

There's board games, pool, art & craft, activities, quizzes and outing. If you are looking to get out and find friends - just come along.

The afternoon ends with tea and homemade cakes! Everyone Is Welcome! Ring: 020 8650 3515 for more information.

AGE Concern Nail Cutting

For anyone over 50 years and resident in Bromley. Age Concern Nail cutting clinic on Wednesdays. For appointments: Ring: 020 8851 2707



Parkinson's
Disease Society

PARKINSON'S SUPPORT GROUP

A chance to meet other people in your area, get information and take part in the activities. Meetings on the 4th Wednesday of the month.

Contact: Lawrie Baker on 020 8325 6078



Parkinson's
Disease Society

"THE TREMORLOWS"

A support group for "early onset" Parkinson's. We meet at St. John's once a month on Tuesdays. Ring Robert Taylor for more information on : 020 8302 8165



Building Better Communities

"Toc H" If you are over 40 and on your own, come and meet in a relaxed environment to enjoy a variety of social activities. We meet on Thursday evenings at 7.30 pm. Contact: Manda: 8777 2149 or Kim 07837 954526



WOMEN'S FOCUS

Women's Focus meet every Monday afternoon at 2:30 pm.

We have a terrific programme of speakers, quizzes, travel talks, flower demonstrations and lots, lots, more!

We are always delighted to welcome new members, so feel free to come along and bring a friend! Ring: 020 8650 3515 for more information.



discover the amazing you

Discover the amazing you! at Slimming World – where weight loss is made easier and more enjoyable than you ever thought possible.

Our role is to help you get there, where you want to be - looking good and feeling good about yourself.

Slimming World meets on Thursday mornings.

Contact Angela on: 07773 410693