

# Discover what's happening at the Sundial Centre

Join us at the Sundial Centre open day on Wednesday 28 September from 10am to 4pm.

- Meet our centre staff, find out more about the exciting programmes on offer for people of all ages and how you can get involved
- Find out about our day care services for older adults, including those with mild to moderate dementia
- Meet the Linkage Plus Outreach Service staff who support people aged over 50 living in Tower Hamlets
- Free Taster sessions including massage, Zumba gold, keep fit exercise

Visit stalls from the Alzheimer's Society, St Joseph's hospice, Age UK and more!



Try some refreshments from our new Sundial Spice Café

For more information contact us on 020 3828 3928

or email [sundial@peabody.org.uk](mailto:sundial@peabody.org.uk)

Visit our website [www.peabody.org.uk/sundial-centre](http://www.peabody.org.uk/sundial-centre)

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