

REGULAR ACTIVITIES FOR ADULTS



All details correct at time of going to print August 2026

We have lots of regular activities for adults taking place in Islington Libraries. They are free and there's no need to book (unless stated otherwise), just turn up and enjoy!

All our groups are a great way to meet people and make new friends; we're always happy to welcome new members!

For full information please contact the library directly. Library contact details are at the back of this leaflet.

Creative writing

Share what you write with others in a friendly, supportive atmosphere.

Finsbury Library

Alternate Wednesdays, 10.30am - 12pm



Drawing/illustration

For anyone over 18 who draws or is interested in starting.

Finsbury Library

Third Saturday of the month, 2.30 - 4pm

South Library

Last Monday of the month, 6.30 - 8pm

Mindful colouring

Colouring can calm the brain and help your body relax.

Central Library

Every Thursday, 5 - 7pm

Over 60s

Join us for a monthly meet-up, with a different theme each time.

West Library

First Thursday of the month, 2-3.30pm

All interest reading groups / book clubs

Come along and share your opinions and insights on the chosen book of the month.



Archway Library

Second Wednesday of the month, 6.30pm

Central Library

Third Monday of the month (except Bank Holidays), 6 - 7.30pm

Finsbury Library

First Monday of the month (except Bank Holidays), 6.30 - 7.30pm

Mildmay Library

Fourth Thursday of the month, 6 - 7.30 pm

N4 Library

First Monday of the month (except Bank Holidays), 6.30 - 7.30pm

North Library

Last Tuesday of the month, 6-7pm

South Library

Second Monday of the month (except Bank Holidays), 6 - 7pm

West Library

First Thursday of the month, 6.30 - 7.30pm

Specialist reading groups



Crime

If you enjoy a good murder our crime and thriller reading group is perfect for you!

West Library

Last Thursday of the month, 4 - 5pm

Poetry

Bring works by your favourite poets to share, or original works of your own that you are comfortable sharing with others.

Mildmay Library

First Thursday of the month, 6.30 - 7.30 pm

Wellbeing

Listen, join in, and discuss a variety of reading materials. A great way to meet new people and improve your confidence.

North Library

First Thursday of the month, 6 - 7.30pm

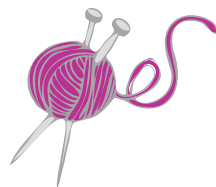
Knitting groups

Bring along your latest project and meet and chat with others who share your hobby.

Archway Library

Knitting and crochet.

First and third Saturdays of the month, 2.30 – 4pm



Central Library

First Monday of the month (except Bank Holidays), 6pm

Mildmay Library

Knitting and crochet.

Alternate Saturdays, 11.30am - 12.30pm

N4 Library

Knitting and crochet.

First Monday of the month (except Bank Holidays), 6.30-7.45pm

North Library

Knitting, crochet or hand sewing.

Second Tuesday of the month, 6 - 7.30pm

Chess clubs

Open to everyone from beginners to advanced players.

Archway Library

Mondays (except Bank Holidays), 6 - 7.30pm

N4 Library

Wednesdays, 5 - 7pm

West Library

Tuesdays, 6 - 7.30pm



Exercise classes

Delivered by Healthy Generations.

Healthy
Generations



Cat and Mouse Library

Remedial osteoporosis

Women only.

Wednesdays, 10 - 11am

Pilates

Thursdays, 11.30am - 12.30pm

Mildmay Library

Chair yoga

Thursdays, 10 - 11am

North Library

Exercise to music

Tuesdays, 1.15 - 2.15pm

Pilates for everyone

Fridays, 9.30 - 10.30am

West Library

Exercise to music

Tuesdays, 10 - 11am

Exercise to music

Thursdays, 11am - 12pm

Dance fitness

Fridays, 10.30 - 11.30am

Chair yoga

Fridays, 2 - 3pm

Islington Library Locations



- 1 **Archway Library**
Hamlyn House,
Highgate Hill, N19 5PH
020 7527 7820
- 2 **Cat and Mouse Library**
277 Camden Road, N7 0JN
020 7527 7900
- 3 **Central Library**
2 Fieldway Crescent, N5 1PF
020 7527 6900
- 4 **Finsbury Library**
245 St John Street, EC1V 4NB
020 7527 7960
- 6 **Mildmay Library**
21-23 Mildmay Park, N1 4NA
020 7527 7880
- 7 **N4 Library**
26 Blackstock Road, N4 2DW
020 7527 7800
- 8 **North Library**
Manor Gardens, N7 6JX
020 7527 7840
- 9 **South Library**
115-117 Essex Road, N1 2SL
020 7527 7860
- 10 **West Library**
Bridgeman Road, N1 1BD
020 7527 7920



SANCTUARY AWARD
Welcoming People Seeking Sanctuary