

JANUARY

Newsletter



Happy New Year

2024

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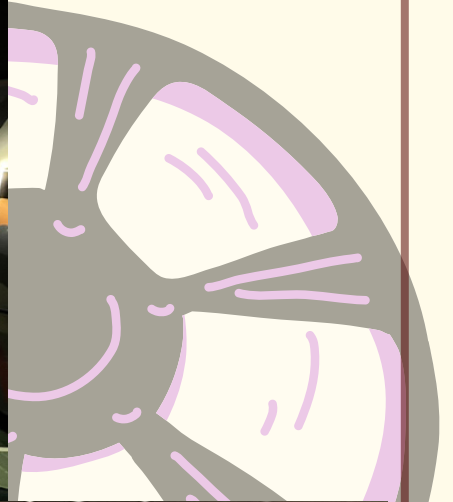
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Trip to the Cinema



Griffin and Shaftsbury headed down to Everyman for a special screening of Saving Mr Banks.

The film is a beautiful and emotional telling of how Mary Poppins the film came to be, with poignant moments from the writer's, P.L. Travers', childhood in Australia being featured.

Everyone had a wonderful time!

4 Places to Eat in 2024

Food Discoveries with Flat 4



Maureen's Pie & Mash

From legendary pies made with the finest cuts of prime beef to succulent mashed potatoes and , Maureen's has been serving amazing food for over 60 years. Come here if you are looking for comfort food at an unbeatable price

Price Range: £



Location: 6 Market Sq, London E14 6AH

Alex's Recommendation: Salted Beef Bagel

Donasao Kitchen & Bar

A true hidden gem in Poplar, Donasao serves delicious meals cooked to order. Praised mainly for their wide selection of Brunches and their variety of alcoholic and non-alcoholic drinks, it offers a fusion of classic British cuisine and Caribbean flavours. Not to mention, it offers gluten-free, vegan and halal options!

Price Range: £ £



Location: 4 Vesey Path, London E14 6BT

Serena's Favourite: Pancakes



Rusty Bike

Found in Mile End, the Rusty Bike might look like your typical pub at first glance. However, it actually specialises in Thai cuisine along with a selection of Global beers. Even if you aren't feeling a drink, you can rest assured that you can get a generous taste of Thailand at a relatively affordable price.

Price Range: £ £



Location: 588 Mile End Rd, London E3 4PH

The Pizza Room

Cosy and intimate, The Pizza Room is a go-to for satisfying your pizza craving in London. The dough is handcrafted and proved for 72 hours for the ultimate crispy mouthful. With plenty of vegan & meat-free options along with the classic pizza flavours, the Pizza Room is unlikely to disappoint

Price Range: £ £



Location: 167 E India Dock Rd, London E14 0EB



POPLAR QUIZ

1. What was the original purpose of Chrisp Street Market when it first opened in 1951?

- a) Fish Market
- b) Flower Market
- c) Antique Market
- d) Clothing Market

2. In the 1980s, Poplar gained attention as the filming location for a popular British television series set in a fictional market. What was the name of the series?

- a) EastEnders
- b) Only Fools and Horses
- c) Minder
- d) Coronation Street

3. What major redevelopment project in the 1990s aimed to rejuvenate the Poplar and Isle of Dogs area, creating new housing and business spaces?

- a) Canary Wharf development
- b) Poplar Regeneration Initiative
- c) Chrisp Street Project
- d) Lansbury Estate Revitalization

4. Which iconic East London pub, known for its historic connections to the Krays and the Blind Beggar Murder, is located in Poplar?

- a) The Gun
- b) The Prospect of Whitby
- c) The Blind Beggar
- d) The George Tavern

5. What is the local nickname for the Poplar Baths, a historic public bathing facility opened in the early 20th century?

- a) The Aqua Oasis
- b) The Poplar Plunge
- c) The Lido Legacy
- d) The Bathing Haven

6. Poplar has a connection to the suffragette movement. What is the name of the suffragette who lived in Poplar and was instrumental in the fight for women's rights?

- a) Emmeline Pankhurst
- b) Sylvia Pankhurst
- c) Emily Wilding Davison
- d) Millicent Fawcett

7. Which notable riverside park in Poplar hosts various events, festivals, and has the famous Mudchute Park and Farm within its boundaries?

- a) Victoria Park
- b) Mudchute Park
- c) Poplar Recreation Ground
- d) Langdon Park

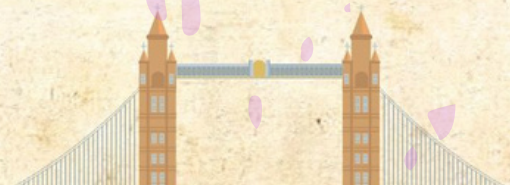
8. The Lansbury Estate in Poplar is named after a prominent politician. What was his role and significance in the local community?

- a) Mayor of Poplar
- b) Prime Minister
- c) Local philanthropist
- d) Leader of the Poplar Borough Council

9. What is the name of the primary school in Poplar that dates back to 1691 and is one of the oldest schools in London?

- a) Poplar Primary School
- b) St. Matthias School
- c) Lansbury Lawrence Primary School
- d) Mayflower Primary School

this quiz was written by ChatGPT so if you find any mistakes, let us know and win a prize!



Answers:

b) Flower Market

a) EastEnders

a) Canary Wharf development

c) The Blind Beggar

b) The Poplar Plunge

b) Sylvia Pankhurst

b) Mudchute Park

d) Leader of the Poplar Borough Council

c) Lansbury Lawrence Primary School

10 MINUTE CARDIO WORKOUT AT HOME

BEGINNER: 20 sec. exercise - 40 sec. pause

INTERMEDIATE: 30 sec. exercise - 30 sec. pause

ADVANCED: 45 sec. exercise - 15 sec. pause



1) JUMPING JACKS



2) MOUNTAIN CLIMBERS



3) JUMP SQUATS



4) HIGH KNEES



5) BURPEES

REPEAT 2X