

## BOATING FOR SENIORS!

on Regents Canal Interested?

Contact David via email:-  
david.2.fennelly@gmail.com



### Russia, Royalty & The Romanovs

**Monday 1st April 2019**

2—4 pm (Leaving Centre at 1 pm)

*Advance booking essential*

Visit to **UNCLAIMED** &  
the **Conservatory** at Barbican

Meet at 12 noon Great Portland Stn

**Sunday 24th March 2019**



### Ladies Hockey Club Easter Tea Party

2.00—4.30 pm

**Monday 18th March 2019**

Visit to **2 Temple Place**  
+ **200th Ruskin Exhibition**



**Thursday  
11th April 2019**

Meet at centre 1 pm



**Third Age Project, Cumberland Market,**

**London NW1 3RH Phone: 020 7383 4922**

twitter@ThirdAgeProject www.facebook.com/third-age-project

Regents Park Safer Neighbourhood Team

### Police Drop-in Advice & Information Sessions

1.30—2.30pm Wed 13th March

## Kings Cross Guided Tour

11 am—1 pm

Meet 10 am at Centre

**Thursday 28th March 2019**



### PANCAKE DAY 1.15 pm

**Tuesday 5th March 2019**

Third Age Cinema



*Dementia friendly*

**2 pm Thursday  
28th March 2019**

Film starts at **2 pm**

*£1 donation Only*



### Oklahoma! Singalong Special!

Shortlisted for Guardian Charity Awards



Registered charity 1108521



## MARCH 2019



## Dinomania



*Free matinee age friendly performance*

**2 pm Wednesday  
6th March 2019**

New Diorama Theatre



Happy Saint  
Patrick's Day

### ST PATRICK'S DAY CEILIDH

**2 pm Friday  
15th March**

*Wraggle Taggle  
Ceilidh Band*

## Styling- Dress for Less!



*Spring Clean your Closet!*

**MONDAYS**  
**11th, 18th & 25th March**  
**2.00-4.00 pm**

## Private Charter Thames River Boat



**Thursday 25th April**  
**Only £25 per member**

Cumberland Market, NW1 3RH Phone: 020 7383 4922  
www.thirdageproject.org.uk info@thirdageproject.org.uk  
Membership only £10 per year must be 60+ and a Camden resident

## Main Activities Programme March 2019

	W/B 25/02/19	W/B 04/03/19	W/B 11/03/19	W/B 18/03/19	W/B 25/03/19
<b>MON</b>	10—12 Coffee Morning Drop-In Come for a chat & cup of tea 10 am Home crafts with Uni 12.00 noon Seated Yoga (Jeneeta) 2 pm <b>Embracing A Brighter Tomorrow</b> with coach Julia Griffin 2 pm <b>Boccia for Beginners</b> <b>25th</b>	10—12 Coffee Morning Drop-In Come for a chat & cup of tea 10 am Home crafts with Uni 12.00 noon Seated Yoga (Jeneeta) 2 pm <b>Boccia for Beginners</b> <b>4th</b>	10—12 Coffee Morning Drop-In Come for a chat & cup of tea 10 am Home crafts with Uni 12.00 Seated Yoga (Jeneeta) 2 pm <b>Styling: Dress for Less</b> with Sue Game (1) 2 pm <b>BINGO</b> Steve Smith Hall <b>11th</b>	0—12 Coffee Morning Drop-In Come for a chat & cup of tea 10 am Home crafts with Uni 12.00 Seated Yoga (Jeneeta) 2 pm <b>Styling: Dress for Less</b> with Sue Game (2) 2 pm <b>UCL EASTER TEA PARTY</b> <b>18th</b>	10—12 Coffee Morning Drop-In Come for a chat & cup of tea 9—3 <b>FOOD HYGIENE TRAINING</b> 12.00 Seated Yoga (Jeneeta) 2 pm <b>Styling: Dress for Less</b> with Sue Game (3) 2 pm <b>Boccia for Beginners</b> <b>25th</b>
<b>TUES</b>	10 am crafts with Zoe 12 noon chair-based exercise 1-2 pm luncheon club 2-4 pm <b>Nit &amp; Natter Club</b> with Pat <b>26th</b>	10 am crafts with Zoe 12 noon chair-based exercise 1-2 pm luncheon club 1.15 pm <b>PANCAKE DAY EVENT</b> with Children's Centre 2-4 pm <b>Nit &amp; Natter</b> with Pat <b>5th</b>	10 am crafts with Zoe 12 noon chair-based Exercise 1-2 pm luncheon club <b>PAMPERING EVENT</b> 1.30-4.30 2 pm <b>Nit &amp; Natter</b> with Pat <b>12th</b>	10 am crafts with Zoe 12 noon Seated Exercise 1-2 pm luncheon club 2-4 pm <b>Nit &amp; Natter Club</b> with Pat <b>19th</b>	10 am crafts with Zoe 12 noon Seated Exercise 1-2 pm luncheon club 2-4 pm <b>Nit &amp; Natter Club</b> with Pat <b>26th</b>
<b>WED</b>	9.30 Dance Freestyle –Emma 10.30 Men's Keep Fit 11.30 am Women's Gym 12.30 pm to 2.30 pm <b>HEARING LOSS EVENT</b> with stage text <b>2.30 pm BUMPER BINGO!</b> <b>27th</b>	9.30 Dance Freestyle –Emma 10.30 Men's Keep Fit 11.30 am Women's Gym 12.30 pm Health Talk <b>NO BINGO</b> 2.00 pm <b>DINOMANIA</b> <i>Special show new diorama theatre</i> <b>6th</b>	9.30 Dance Freestyle –Emma 10.30 Men's Keep Fit 11.30 am Women's Gym 12.30 pm Health Talk 1.30 pm <b>Police Drop-In</b> 2.30 pm Bingo Club <b>13th</b>	9.30 Dance Freestyle with Emma 10.30 Men's Keep Fit 11.30 am Women's Gym 12.30 pm Health Talk 2.30 pm <b>Bingo Club</b> <b>20th</b>	9.30 Dance Freestyle with Emma 10.30 Men's Keep Fit 11.30 am Women's Gym 12.30 pm Health Talk 2.30 pm <b>BUMPER BINGO!</b> <b>27th</b>
<b>THURS</b>	10am Little Fingers - under 5s 10.15 Bangladeshi Women's Walk 10.30 Walking for Health (GLIGHT) 11am third age drama <b>Music Circle</b> 1.30 –3.30 pm 2 pm third age cinema—film <b>28th SINGALONG TO CALAMITY JANE</b>	10am Little Fingers under 5's 10.15 Bangladeshi Women's Walk 10.30 Walking for Health (GLIGHT) 11 am third age drama <b>Music Circle</b> 1.30 –3.30 pm <b>7th</b>	10am Little Fingers under 5s 10.15 Bangladeshi Women's Walk 10.30 Walking for Health (GLIGHT) 11 am third age drama <b>Music Circle</b> 1.30 –3.30pm 2 pm <b>Peterloo</b> the film <b>14th</b>	10am Little Fingers under 5's 10.15 Bangladeshi Women's Walk 10.30 Walking for Health (GLIGHT) 11 am third age drama <b>Music Circle</b> 1.30 –3.30 pm <b>21st</b>	10am Little Fingers under 5's 10 am <b>KINGS CROSS TOUR</b> 10.15 Bangladeshi Women's Walk 10.30 Walking for Health (GLIGHT) 11 am third age drama 2 pm <b>SINGALONG TO OKLAHOMA</b> <b>28th Music Circle</b> 1.30 pm
<b>FRI</b>	10 am Tai Chi with Niko 12 .30 Gentle Yoga (Jeneeta) 2 pm <b>Men's Social Club</b> 2 pm English Country Dance <b>29th</b>	10 am Tai Chi with Niko 12 .30 Gentle Yoga (Jeneeta) 2 pm <b>Men's Social Club</b> 2 pm English Country Dance <b>8th</b>	10 am Tai Chi with Niko 12.30 Gentle Yoga Jeneeta 2 pm Men's Social Club 2 pm <b>ST PATRICK'S DAY DANCE</b> <b>15th</b> Wrangle Taggle Band	10 am Tai Chi with Niko 12 .30 Gentle Yoga (Jeneeta) 2 pm <b>Men's Social Club</b> 2 pm English Country Dance <b>22nd</b>	10 am Tai Chi with Niko 12 .30 Gentle Yoga (Jeneeta) 2 pm <b>Men's Social Club</b> 2 pm English Country Dance <b>29th</b>