






	30th April to 4th May 2018	7th May to 11th May 2018	14th May to 18th May 2018	21st May to 25th May 2018	28th May to 1st June 2018
 Monday	30th 10.am—12.00 noon Crafts <div> <div>11 12 Zumba Gold</div> <div>Knit for Well-Being 1.30—4.pm</div> <div>3—4 pm Boccia Diorama Arts</div> </div> <div> <div>1 .30—3pm SALSA Diorama Arts</div> <div>2-4 pm Creative Writing Crypt</div> </div>	7th BANK HOLIDAY sorry we are closed	14th 10.am—12.00 Crafts <div> <div>11 12 Zumba Gold</div> <div>Knit for Well-Being 1.30—4.pm</div> <div>3—4 pm Boccia Diorama Arts</div> </div> <div> <div>1 .30—3pm SALSA Diorama Arts</div> <div>2-4 pm Creative Writing Crypt</div> </div>	21st 10.am—12.00 Crafts <div> <div>11 12 Zumba Gold</div> <div>Knit for Well-Being 1.30—4.pm</div> <div>3—4 pm Boccia Diorama Arts</div> </div> <div> <div>1 .30—3pm SALSA Diorama Arts</div> <div>2-4 pm Creative Writing Crypt</div> </div>	28th HALF TERM WEEK BANK HOLIDAY sorry we are closed
	1st 11—12.30 Men's Walking Football 10—12 noon Crafts with Zoe 12.00 —1pm Chair-based Exercise 1—2 pm community cafe 2-4 pm English Club Sewing Group At the Crypt Centre		15th 11—12.30 Men's Walking Football 10—12 noon Crafts with Zoe 12.00—1 pm Chair-based Exercise 1 pm community cafe <div>  PAMPERING 1.30-4.30 pm M </div>	22nd 11—12.30 Men's Walking Football 10—12 noon Crafts with Zoe 12.00—1 pm Chair-based Exercise 1 pm community cafe 2-4 pm English Club Sewing Group At the Crypt Centre	
	2nd <div>60+ Health Club + Men's Shed</div> <div> BINGO CLUB 2.30-4.30 pm <i>New members welcome!</i> </div> At the Crypt Centre		16th <div>60+ Health Club + Men's Shed</div> <div> BINGO CLUB 2.30-4.30 pm </div> At the Crypt Centre	23rd <div>60+ Health Club + Men's Shed</div> <div> BINGO CLUB 2.30-4.30 pm </div> At the Crypt Centre	
Wednesday	3rd Women's Health Walks <div>  11 am—1pm Third Age Drama </div> <div> 2 pm Third Age Cinema LA LA LAND </div>	10th Women's Health Walks <div> LOST & FOUND Exciting new creative project </div> <div> 2 pm Third Age Cinema PADDINGTON 2 </div>	17th Women's Health Walks <div>  11 am—1pm Third Age Drama </div> <div> 2 pm Third Age Cinema WAR PLANET OF THE APES </div>	24th Women's Health Walks <div>  11 am—1pm Third Age Drama </div> <div> KEW GARDENS See the refurbished glass house Advance booking essential </div>	31st Women's Health Walks <div> Canal Walk to Granary Sq </div> <div> 2 pm Third Age Cinema 3 Billboards </div>
Friday	4th 10—11.30 am Tai Chi 12.—2 pm Yoga for Good Health <div>2-4 pm Country dancing DAC</div> Men's Club 1.30-4.30pm at Crypt	11th 10—11.30 am Tai Chi 12.—2 pm Yoga for Good Health <div>2-4 pm Country dancing DAC</div> Men's Club 1.30-4.30pm at Crypt	18th 10—11.30 am Tai Chi 12.—2 pm Yoga for Good Health <div>2-4 pm Country dancing DAC</div> Men's Club 1.30-4.30pm at Crypt	25th 10—11.30 am Tai Chi 12.—2 pm Yoga for Good Health <div>2-4 pm Country dancing DAC</div> Men's Club 1.30-4.30pm at Crypt	1st Men's Club 1.30-4.30pm at Crypt

<p>La La Land 2pm 3rd May Paddington 2 2pm Thurs 10th May War Planet of Apes 2pm Thurs 17th May 3 Billboards 2pm Thurs 31st May</p>	<p>Royal Parks & TAP Exhibition, talk Afternoon Tea Friday 11th May 2-4 pm marquee</p> 	<p>Borough-Wide League Boccia Tournament Monday 4th June 1.30—4.30 pm Diorama Arts Centre</p>  
<p>Kew TAP London Walks Kew Gardens To see newly refurbished glasshouse Thursday 24th May Advance booking essential</p>	<p>TAP London Walks Canal Walk to Granary Square  Thurs 31st May 1pm leaving from Crypt</p>	<p>Celebrate your birthday with friends & members Monthly Birthday Bash  Thursday 24th May 1 pm Crypt Centre</p>
<p>Men's Shed Wednesdays 10 am—12 noon (not Wednesday 30th May) Pool, table tennis, social space, exercise & gym, health talks Samuel Lithgow Youth Centre</p>	<p>TAP/Cumberland Market RA Bumper Bingo  2-4 pm Monday 14th May Steve Smith Hall</p>	<p>Men's Walking Football with Shaun Taylor 11 am—12.30 pm Tuesdays Samuel Lithgow Youth Centre</p> 

Ageing
Better
in Camden



LOTTERY FUNDED

**Third Age Project, Crypt Centre, Munster Square,
London NW1 3PL Phone: 020 7383 4922**
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Charity No. 1108521 Company No. 04715685

<div data-bbox="1249 116 1440 308">  </div> <div data-bbox="1473 116 2134 308"> <p>Third Age Project Shortlisted for Guardian Charity Awards 2016 May 2018</p>  </div>	
<p>London Creativity & Well-Being Week 2018</p>  <p>Third Age Drama presents its new show</p> <p>The World Upside Down!</p> <p>2 pm Thursday 7th June New Diorama Theatre</p>	<p>Hodge, Jones & Allen</p>  <p>Lasting Power of Attorney 12 noon Wed 9th May 2018 Samuel Lithgow Youth Centre</p> <p>Coach Trip to the Seaside Ramsgate Market day, beach & harbour Friday 22nd June 2018</p> 
<p>Third Age Project & Liminal Space</p> <p>LOST & FOUND An exciting new creative project 11 am—1 pm Thursday 10th May 2018 Lunch at 1 pm Crypt Centre</p>  	<p>Free matinee show With Lost Watch Theatre</p> <p>Left My Desk Including afternoon tea * 2 pm Thursday 14th June 2018 <i>All About Caring!</i> Tickets from Third Age Project New Diorama Theatre</p>   
<p>Coach Tour of Cotswolds Villages</p>  <p>Tuesday 15th May 9 am—7 pm</p> 	
<p>Crypt Centre, Munster Sq London NW1 3PL Phone: 020 7383 4922 www.thirdageproject.org.uk info@thirdageproject.org.uk Membership only £10 per year must be 60+ and a Camden resident</p>	