

# Our Three Points August 2018 programme

Our Three Points is a diverse network of people aged 60+ in the Gospel Oak and Haverstock areas.

## Weekly clubs

### Chair-based exercise class

Meet our friendly tutor Azmal for laughter and simple mobility exercises suitable for all.

Mondays & Fridays @ 10  
- 11am

Queen's Crescent Community  
Association, NW5 4QE

£1



### Coffee morning

All welcome to drop by for a tea, coffee and a chat. We also hold discussions, advice clinics and...murder mysteries.

Mondays @ 11 - 12 noon

Queen's Crescent Community  
Association

FREE



### Kentish Town City Farm 60+ Gardening Club

Drop-in to our friendly gardening club. Have a cup of tea, a chat and harvest the fruits of your labour!

Thursdays @ 2- 4pm

Kentish Town City Farm

FREE



### Art Class

Drawing inspiration from nature, sessions will take place in and around the beautiful Horticulture Hub, and will cover a range of drawing techniques and materials.

8th & 15th August

Horticulture Hub, corner of  
Hawley Rd & Hartley Rd, NW1  
8DB.

3 - 4:30pm

FREE

Contact us: Jo Hynes

0741 9820 503 / abc@ktcityfarm.org.uk

# Events

## Queen's Crescent Social Lunches

We meet monthly on Wednesdays to share a 3 course lunch together, and for crafts and games.

15th August

12pm @ Queen's Crescent  
Community Association  
£3

## Crafting Communities Puppet Workshops

Join us to discover what happens when older and younger generations meet up to craft together with a professional puppeteer!

20, 21, 23, 24 August

2 - 4pm  
Kentish Town City Farm  
FREE

## Cinema Club: Darkest Hour

Experience Oscar-winner Gary Oldman portray Winston Churchill in the early days of WW2 on our cinema projector, with drinks & snacks.

20th August

£1  
1pm  
Castlehaven Community  
Centre NW1 8RU.

## Songhaven music concert

The renowned Songhaven will be bringing music to the farm, with a live pianist and soloist. Afternoon tea & sing-a-longs of popular tunes also provided!

28th August

2 - 3:30pm @ Kentish Town  
City Farm, NW5 4BN.  
£3 - contact Jo to register.

## Regents' Park Social Walk

Join our friendly walk guide, Bob, for a steady 2 mile walk around Regent's Park, taking in local history & the Rose Garden.

30th August

10:30am - 12:30pm  
Start & end at St Marylebone  
Church, NW1 5LT.

## Kenwood House trip

Join us on a visit to this beautiful 17th-century stately home, before we relax in the Dairy for a private afternoon tea.

4th September

Meet at 1pm at Gospel Oak stn bus stop (GC). Return by 5pm.  
Contact Jo to book.

