

We Are Ageing Better core schedule March and April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10am - 2pm Boccia, Bingo and Lunch at St Pancras Community Centre</p>	<p>10am – 12pm Coffee morning at The Living Centre <u>Planning meeting: Tues 19 March, 10am</u></p>	<p>10am - 12pm Art club at The Living Centre <u>Watercolour workshops on 20 March and 10 April</u></p>	<p>10am – 12pm Knit and stitch at St Pancras Community Centre</p>	
	<p>10.30am – 11.30pm Boccia at Basil Jellicoe Hall</p>			<p>10.30am - 11.30am Walking netball at Pancras Square Leisure Centre Call Yvonne to book: 07872 407 219</p>
	<p>10.30am – 11.45pm Tai Chi/Chi Kung at The Living Centre (£2)</p>	<p>1pm - 3pm Hopscotch lunch at The Living Centre (monthly) 27 March 24 April – location tbc. Please contact Jess</p>	<p>1pm - 3pm Cream Tea Club at Basil Jellicoe Hall (£2) First Thursday of the Month 7 March 4 April</p>	<p>12.30pm - 2pm Monthly Lunch at Nata 28 (£5) 26 April Sausage & Mash</p>
	<p>11am - 12pm Chair based yoga at St Pancras Community Centre £5 per session. Please contact St Pancras to book: 020 7380 1501</p>			<p>2pm - 4pm Tea, Chat & Boccia at Coopers Lane</p>
<p>2pm – 4pm Diabetes support group at The Living Centre (Monthly) An informal group to support fellow diabetics 1 April & 13 May (due to BH)</p>	<p>1.30pm – 3.30pm The “Magdalen Club” Bingo Club, St Mary’s Church</p>	<p>2.30pm – 4.30pm Film club at The Living Centre (Monthly – last Wed of every month). 27 March and 24 April</p>	<p>3pm - 4pm Mindful yoga at The Living Centre</p>	<p>2pm - 4pm Table tennis at Basil Jellicoe Hall - all abilities welcome</p>
				<p>7pm (for 7.30 start) - 8.30pm Bingo at Coopers Lane</p>

Where our activities take place...

St Pancras Community Centre, 67 Plender Street, NW1 0LG

Basil Jellicoe Hall, Drummond Crescent, NW1 1LE

The Living Centre, 2 Ossulston Street, NW1 1DF

St Mary's Church, Eversholt Street, NW1 1BN

Coopers Lane Tenants Hall, Hampden Close (Off Purchase Street), NW1 1HW

Nata 28, Somers Town Community Centre, 150 Ossulston Street, NW1 1EE

Pancras Square Leisure Centre, 5 Pancras Square, London N1C 4AG

Film Club programme March – April 2019

27 March **Mystery Bollywood Movie** – Come and join the Hopscotch women's group for a Bollywood classic!

24 April **Telstar** – A music-infused drama about Joe Meek, the songwriter-producer behind many 60s hits.

Have you got a film you would love to see (old or new)? Please let us know for the next programme.

We Are Ageing Better is bringing people together to share their skills and experience to create great projects and changes in our community.

Membership is free and we're open to everyone aged 60 and over.

Find out more at www.weareageingbetter.org.uk or call Jess Grieve on 020 7209 9333.

