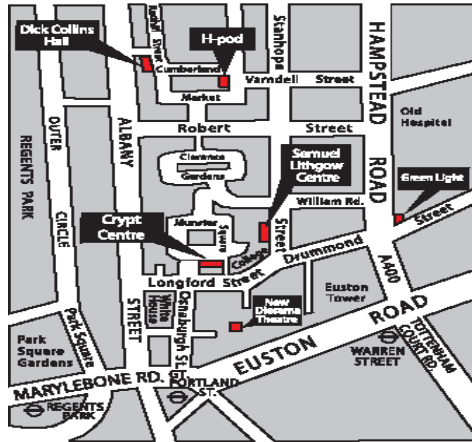


# West Euston



## Venues

- \* **Crypt Centre**, Munster Square, NW1 3PL
- \* **H Pod**, Cumberland Market, NW1 3RH
- \* **Samuel Lithgow Youth Centre**, 69/75 Stanhope Street, NW1 3LD
- \* **Dick Collins Hall**, Redhill Street, NW1 4DJ
- \* **New Diorama Theatre**, Regents Place, NW1 3BF
- \* **Greenlight**, 62/64 Hampstead Rd, NW1 2NU

The **Third Age Project** has over 600 registered users and a membership approaching 300 people over 60 years of age. It is currently developing a local befriending and care support network with volunteers with the help of the **West Euston Time Bank**.

The project runs a varied and wide ranging programme of organised activities and events throughout the year with the support of its partner organisations, funders and its biggest resource –its own users and members.

**Registered Charity 1108521**

# 50+ Third Age Project

*including activities organised by the*  
**West Euston Time Bank**  
**All Ages**

## Winter 2011 Programme

(January – March 2012)  
**(MEMBERS VERSION)**

Dadka Jira 50 sano wixii kaweyn ah ku soo dhawaadaan Third Age Project

আপনাদের বয়স যদি ৫০এর উপরে থাকে তা'হলে  
যে কোন সেশনে অংশ গ্রহন করতে পারবেন।

**Crypt Centre, Munster Square,  
London, NW1 3PL**

**Phone: 020 7383 4922**

[info@thirdageproject.org.uk](mailto:info@thirdageproject.org.uk)

[www.thirdageproject.org.uk](http://www.thirdageproject.org.uk)



## Third Age Project

Wishing you all a very **Happy Healthy New Year!** We hope that you will take this opportunity for making a New Start by joining our **50+ Health Club** on Wednesdays and or one of our physical activity sessions for older people of all abilities.

**Bogus Callers** and other scams involving giving personal bank and card details to others over the phone or at the door. Please be careful at this time of year.

**Spread the Warmth** is a national campaign by Age UK to provide help and support with those high winter fuel bills. See TAP staff for contact details.

We will be running **Open Pottery Workshops** 2-4 pm on Mondays during January. No previous experience needed!

Forget your troubles and de-stress at one of our monthly **Pampering Events** offering reflexology, massage, manicure, toe nail cutting and more.

**Third Age Cinema** will be showing the latest films on the big screen starting with "**Johnny English**" on 12<sup>th</sup> January.

We will running a new 8 week **Cookery Course** with teacher Ricardo Janco from Tuesday 17<sup>th</sup> January.

We will be welcoming in the **Year of the Dragon** on Tuesday 31st January with traditional Chinese food, music and dancing at the H pod.

In conjunction with the West Euston Time Bank we will be holding our annual **International Languages Day** on 16<sup>th</sup> February providing an opportunity for you to recite a poem or sing a song in your home language!

## Third Age Project

Interested in **Volunteering** for the Project and your community even if it is just a couple of hours a week. We have lots of exciting opportunities that will enable you to play a vital role in improving our services and neighbourhood. We are currently looking to recruit volunteer Third Age Ambassadors! Interested? Please see Tony or Urmi at the TAP Office.



(left)  
Christmas  
Carols  
with  
Chris  
(right)  
Joe's 90th



Don't forget about our **Time Bank community café** that provides a hot nourishing lunch for *only £1.50* on Tuesdays and Fridays at 12.30 pm at the H Pod.



Our **Crypt Cabaret Club** starring **David Carter** will be on Thursday 2<sup>nd</sup> February