



|  | 2nd April to 6th April 2018 | 9th April to 13th April 2018 | 16th April to 20th April 2018 | 23rd April to 27th April 2018 | | | | | | |
|---|---|--|---|---|---|---|---|---|--|--|
| <p>Monday</p> | <p>2nd</p> <p>EASTER BANK HOLIDAY</p> | <p>9th 11.30-12.30 drop-in session</p> <div data-bbox="705 236 1227 408" style="border: 2px solid green; padding: 5px;"> <p>Swinging Sixties Tea Dance 2—4 pm Steve Smith Hall</p> </div> | <p>16th 11-12 noon Zumba Gold 10.am—12.00 noon Crafts with Uni</p> <table border="1" data-bbox="1249 236 1706 418"> <tr> <td>1.30—3pm SALSA! From 16th April Arts Centre</td> <td>3—4 pm Boccia Diorama Arts Centre</td> <td>2-4 pm Creative Writing Crypt</td> </tr> </table> | 1.30—3pm SALSA! From 16th April Arts Centre | 3—4 pm Boccia Diorama Arts Centre | 2-4 pm Creative Writing Crypt | <p>23rd 11-12 Zumba Gold 10.am—12.00 Crafts with Uni</p> <table border="1" data-bbox="1733 236 2190 418"> <tr> <td>1.30—3pm SALSA! From 16th April Arts Centre</td> <td>3—4 pm Boccia Diorama Arts Centre</td> <td>2-4 pm Creative Writing Crypt</td> </tr> </table> <div data-bbox="2049 124 2190 236" style="border: 1px solid grey; padding: 2px;"> <p>Knit for Well-Being 1.45—4.15</p> </div> | 1.30—3pm SALSA! From 16th April Arts Centre | 3—4 pm Boccia Diorama Arts Centre | 2-4 pm Creative Writing Crypt |
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| <p>Tuesday</p> | <p>3rd 11—12.30 Men’s Walking Football 12.00 —1pm Chair-based Exercise 1 pm community cafe 2—4 pm QUIZ AFTERNOON At the Crypt Centre</p> | <p>10th 11—12.30 Men’s Walking Football 12.00 —1pm Chair-based Exercise 1-2 pm community cafe 2—4 pm QUIZ AFTERNOON At the Crypt Centre</p> | <p>17th 11—12.30 Men’s Walking Football 10—12 noon Crafts with Zoe 12.00—1 pm Chair-based Exercise 1 pm community cafe</p> <div data-bbox="1249 624 1706 746" style="border: 2px solid orange; padding: 5px;"> <p>M PAMPERING 1.30-4.30 pm At the Crypt Centre</p>  </div> | <p>24th 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 PILATES TASTER WORKSHOP TBC 2-4 pm English Club Sewing group</p> | | | | | | |
| <p>Wednes day</p> | <p>4th No Health Club this week</p> <div data-bbox="226 810 647 995" style="border: 2px solid black; padding: 10px;"> <p>BINGO CLUB 2.30-4.30 pm <i>New members welcome!</i></p> </div> <p>At the Crypt Centre</p> | <p>11th No Health Club this week</p> <div data-bbox="775 810 1196 995" style="border: 2px solid black; padding: 10px;"> <p>BINGO CLUB 2.30-4.30 pm <i>New members welcome!</i></p> </div> <p>At the Crypt Centre</p> | <p>18th</p> <div data-bbox="1323 772 1706 895" style="border: 2px solid black; padding: 5px;"> <p>60+ Health Club + Men’s Shed SPECIAL ENERGY EVENT Samuel Lithgow Youth Centre</p> </div> <p>BUMPER BINGO CLUB 2.30-4.30 pm At the Crypt Centre</p> | <p>25th</p> <div data-bbox="1809 772 2190 895" style="border: 2px solid black; padding: 5px;"> <p>60+ Health Club + Men’s Shed Samuel Lithgow Youth Centre</p> </div> <div data-bbox="1733 900 2190 1034" style="border: 2px solid green; padding: 5px;"> <p>2 pm free MATINEE SHOW with afternoon tea New Diorama Theatre</p> </div> | | | | | | |
| <p>Thursday</p> | <p>5th Women’s Health Walks</p> <table border="1" data-bbox="181 1102 680 1225"> <tr> <td>Walking for Health Bangladeshi Women Lead by Rina</td> <td>Walking for Health Greenlight pharmacy Lead by Josie</td> </tr> </table> <div data-bbox="181 1230 680 1337" style="border: 1px solid black; padding: 5px;"> <p>Trip to 2 Temple Place Jazz Exhibition</p> </div> | Walking for Health Bangladeshi Women Lead by Rina | Walking for Health Greenlight pharmacy Lead by Josie | <p>12th Women’s Health Walks</p> <div data-bbox="705 1102 1227 1198" style="border: 1px solid black; padding: 5px;"> <p>1pm Volunteer Forum Member representatives</p> </div> <div data-bbox="705 1209 1227 1337" style="border: 1px solid black; padding: 5px;"> <p>2 pm Third Age Cinema Goodbye Christopher Robin</p> </div> | <p>19th Women’s Health Walks</p> <div data-bbox="1249 1102 1706 1198" style="border: 1px solid black; padding: 5px;"> <p>11 am—1pm Intro to Stagecraft</p> </div> <div data-bbox="1249 1209 1706 1337" style="border: 1px solid black; padding: 5px;"> <p>Coach Trip to Ely Cathedral On market day Thursday 19th April 2018</p> </div> | <p>26th Women’s Health Walks</p> <div data-bbox="1733 1102 2190 1161" style="border: 1px solid black; padding: 5px;"> <p>11 am—1pm Intro to Stagecraft</p> </div> <div data-bbox="1733 1173 2190 1232" style="border: 1px solid black; padding: 5px;"> <p>MONTHLY BIRTHDAYS BASH!</p> </div> <div data-bbox="1733 1252 2190 1337" style="border: 1px solid black; padding: 5px;"> <p>2 pm Third Age Cinema Paddington 2 The Film</p> </div> | | | | |
| Walking for Health Bangladeshi Women Lead by Rina | Walking for Health Greenlight pharmacy Lead by Josie | | | | | | | | | |
| <p>Friday</p> | <p>6th</p> <p>Men’s Club 1.30-4.15pm at the Crypt</p> | <p>13th</p> <p>Men’s Club 1.30-4.15pm at the Crypt</p> | <p>20th 10—11.30 am Tai Chi 12.00—2 pm Yoga for Good Health</p> <div data-bbox="1249 1469 1706 1528" style="border: 1px solid black; padding: 5px;"> <p>2-4 pm Country dancing DAC</p> </div> <p>Men’s Club 1.30-4.15pm at Crypt</p> | <p>27th 10—11.30 am Tai Chi 12.00—2 pm Yoga for Good Health</p> <div data-bbox="1733 1469 2190 1528" style="border: 1px solid black; padding: 5px;"> <p>2-4 pm Country dancing DAC</p> </div> <p>Men’s Club 1.30-4.15pm at Crypt</p> | | | | | | |

April 2018 Films

Goodbye Christopher Robin

Thursday 12th April

Paddington 2

Thursday 26th April

2 pm Crypt Centre

TAP/WETB English Club

Walking For Health

with Rina
Thursdays

Meet 10.15 am
at the Crypt



Monthly

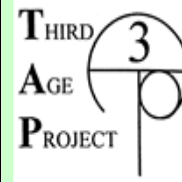
Birthdays Bash!

1 –2pm

Thurs 26th April

with a cake!

Crypt Centre



Third Age Project

Shortlisted for Guardian Charity Awards 2016



April 2018

British Museum
Community Preview

Rodin

& the art of
ancient Greece

**Sunday
22nd April 2018**

Limited tickets

Coach Trip with Colin

**Tour of
Cotswolds Villages**

Tuesday
15th May 2018

9 am—7 pm

Members £12
from Crypt Centre

Return Trip to

Two Temple Place

To see house &
The Jazz Exhibition
with private tour

Thursday
5th April

Leave from Crypt

Free matinee show

Co-production by New Diorama Theatre
& Greenwich Theatre

**The Secret Life
of Humans**

Including afternoon tea

**2 pm Wednesday
25th April 2018**

an age friendly event



New Diorama Theatre



National Energy Action

Reduce Your Energy Bills!

Information 11 am—12 noon
Talk & Workshop 12—1 pm

**Wednesday
18th April 2018**

Samuel Lithgow Youth Centre

**Men's Shed
Wednesdays**

10 am—12 noon
(not Weds 4th & 11th April)

Pool, table tennis,
social space, exercise &
gym, health talks

Samuel Lithgow
Youth Centre

TAP/Cumberland Market RA

**Swinging
Sixties
Tea Dance**

with David Carter
2-4 pm

**Monday
9th April 2018**

Steve Smith Hall

**Men's
Walking Football**

with Shaun Taylor

11 am –12.30 pm

Tuesdays

Samuel
Lithgow
Youth Centre



**Yoga
for Good Health**

from Friday 20th April

12 noon—2.00 pm
Crypt Centre



Come & join our
Poetry Group

Mondays 2—4 pm

from 16th April

Crypt Centre



**Salsa!
for Beginners!**

With Kulbir Bhandal

1.30 pm—3.00 pm

**from Monday
16th April 2018**

Old Diorama Arts Centre



New!

New!

Knit for Well-Being

12 week course
With Beverley Sell

1.45 pm—4.15 pm

Mondays from 23rd April

Crypt Centre



New!

New!

Ageing
Better
in Camden



**Third Age Project, Crypt Centre, Munster Square,
London NW1 3PL Phone: 020 7383 4922**

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

Charity No. 1108521 Company No. 04715685

**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