
	5th February to 9th February 2018	12th February to 16th February 2018	19th February to 23rd February 2018	26th February to 2nd March 2018	5th March to 9th March 2017
<b>Monday</b>	<b>5th</b> 11.30-12.30 Singalong /drop-in 10.am—12.00 noon <b>Crafts</b> with Uni 11-12 noon <b>Zumba Gold</b> 12.00—1.30pm <b>Chair Yoga</b> 1—3 pm <b>Boccia</b> at Abbey 2-4 pm <b>Creative Writing</b>	<b>12th</b> <u>half term week</u> <b>International Languages Day Event</b> 2-4 pm Diorama Arts Centre	<b>19th</b> 11.30-12.30 Singalong /drop-in 10.am—12.00 noon <b>Crafts</b> with Uni 11-12 noon <b>Zumba Gold</b> 12.00—1.30pm <b>Chair Yoga</b> 2—4 pm <b>Boccia</b> at DAC 2-4 pm <b>Creative Writing</b>	<b>26th</b> 11.30-12.30 Singalong /drop-in 10.am—12.00 noon <b>Crafts</b> with Uni 11-12 noon <b>Zumba Gold</b> 12.00—1.30pm <b>Chair Yoga</b> 2—4 pm <b>Boccia</b> at DAC 2-4 pm <b>Creative Writing</b>	<b>5th</b> 10.am—12.00 <b>Crafts</b> with Uni 11-12 noon <b>Zumba Gold</b> 12.00—1.30pm <b>Chair Yoga</b> <b>ROYAL COLLECTION VISIT</b> 2—4 pm <b>Boccia</b> at DAC 2-4 pm <b>Creative Writing</b>
<b>Tuesday</b>	<b>6th</b> 11—12 <b>Men’s Walking Football</b> 10—12 noon Crafts with Zoe 12.00 —1pm <b>Chair-based Exercise</b> 1 pm <b>community cafe</b> 1 -3pm <b>How to Relax</b> with Kulbir 1-2 pm <b>Life Coaching Taster</b> 2-4 pm <b>English Club</b> Sewing group At the Crypt Centre	<b>13th</b> 11—12 <b>Men’s Walking Football</b> 12.00 —1pm <b>Chair-based Exercise</b> 1-2 pm <b>community cafe</b> <b>PANCAKE DAY! competitions</b>	<b>20th</b> 11—12 <b>Men’s Walking Football</b> 10—12 noon Crafts with Zoe 12.00—1 pm <b>Chair-based Exercise</b> 1 pm <b>community cafe</b> 1 —3pm <b>How to Relax</b> with Kulbir  <b>PAMPERING</b> 1.30-4.30 pm <b>M</b>	<b>27th</b> 11—12 <b>Men’s Walking Football</b> 10—12 noon Crafts with Zoe 12.00—1 pm <b>Chair-based Exercise</b> 1 pm <b>community cafe</b> 1 —3pm <b>How to Relax</b> with Kulbir 2-4 pm <b>English Club</b> Sewing group At the Crypt Centre	<b>6th</b> 11—12 <b>Men’s Walking Football</b> 10—12 noon Crafts with Zoe 12.00 —1pm <b>Chair-based Exercise</b> 1 pm <b>community cafe</b> 1 —3 pm <b>How to Relax</b> with Kulbir 2-4pm <b>English Club</b> Sewing group At the Crypt Centre
<b>Wednes day</b>	<b>7th</b> <b>60+ Health Club</b> 10 am <b>Men’s Shed Meeting</b> Samuel Lithgow Youth Centre 1—2pm <b>English Club</b> conversation 2.30—4 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>14th</b> 3-4 pm <b>Meet the Police drop-in</b> <b>BINGO CLUB</b> 2.30—4 pm At the Crypt Centre	<b>21st</b> <b>60+ Health Club + Men’s Shed</b> <b>FRAUD &amp; SCAMS INFORMATION EVENT</b> Samuel Lithgow Youth Centre 1—2pm <b>English Club</b> conversation 3-4 pm <b>Meet the Police drop-in</b> 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>28th</b> <b>60+ Health Club + Men’s Shed</b> Samuel Lithgow Youth Centre 1—2pm <b>English Club</b> conversation 2.30-4.00 pm <b>BUMPER BINGO</b> At the Crypt Centre	<b>7th</b> <b>60+ Health Club + Men’s Shed</b> Samuel Lithgow Youth Centre 1—2pm <b>English Club</b> conversation 2.30-4.00pm <b>BINGO CLUB</b> At the Crypt Centre
<b>Thursday</b>	<b>8th</b> <b>Women Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 1pm <b>Volunteer Forum</b> 2 pm <b>Third Age Cinema</b> <b>Victoria &amp; Abdul</b>	<b>15th</b> <b>Women Health Walks</b> <u>Starting Greenlight at 10.30</u> 2 pm <b>Third Age Cinema</b> <b>Gifted</b>	<b>22nd</b> <b>Women Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> monthly social club <b>Birthday Bash</b> with cake! <b>War of the Planet of the Apes</b>	<b>1st</b> <b>Women Walks</b> <b>Orchid Festival Kew Gardens</b> 11 am—1pm Intro to <b>Stagecraft</b> 2 pm <b>Third Age Cinema</b> <b>Goodbye Christopher Robin</b>	<b>8th</b> <b>Women Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 1pm <b>Volunteer Forum</b> 2 pm <b>Death of Stalin</b> film
<b>Friday</b>	<b>9th</b> 10—11.30 am <b>Tai Chi</b> 12.30—2 pm <b>Gentle Yoga</b> 2-4 pm <b>Country dancing</b> DAC <b>Men’s Club</b> 1.30-4.15pm at Crypt	<b>16th</b> 2-4 pm <b>FAMILY BARN DANCE</b> Diorama Arts Centre <b>Men’s Club</b> 1.30-4.15pm at Crypt	<b>23rd</b> 10—11.30 am <b>Tai Chi</b> 12.30—2 pm <b>Gentle Yoga</b> 2-4 pm <b>Country dancing</b> DAC <b>Men’s Club</b> 1.30-4.15pm at Crypt	<b>2nd</b> 10—11.30 am <b>Tai Chi</b> 12.30—2 pm <b>Gentle Yoga</b> 2-4 pm <b>Country dancing</b> DAC <b>Men’s Club</b> 1.30-4.15pm at Crypt	<b>9th</b> 10—11.30 am <b>Tai Chi</b> 12.30—2pm <b>Gentle Yoga</b> 2-4 pm <b>Country dancing</b> DAC <b>Men’s Club</b> 1.30-4.15pm at Crypt

### February 2018 Films

**Victoria & Abdul**

Thursday 8th Feb

**Gifted**

Thursday 15th Feb

**Planet of the Apes**

Thursday 22nd Feb

2 pm Crypt Centre

### Social Club

(for those wanting to improve their spoken English)

**Wednesdays**

(starting 10th Jan 2018)

1–2 pm

with **Roopna**  
Crypt Centre



Monthly

### Birthdays Bash!

1–2pm

Thurs 22nd Feb

with a cake!

Crypt Centre

TAP/Cumberland MarketRA

### EASTER TEA DANCE

with David Carter  
2–4 pm

**Monday**

**9th April 2018**

Steve Smith Hall

A free taster session

### Life Coaching Skills for Elders

1–2 pm

**Tues 6th Feb 2018**

Fulya Tanrikulu

Crypt Centre

### Borough-Wide Boccia Tournament

Doors open 1.30 pm  
Tournament at 2 pm

**Monday 5th March**

Diorama Arts Centre

### Men's Shed

**Wednesdays**

10 am–12 noon  
(not Wed 14th Feb)

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

Samuel Lithgow  
Youth Centre

### Chinese New Year Party!



Year of the dog

**Friday 2nd  
Feb 2018**

12.30 to 3pm

Samuel Lithgow  
Youth Centre

### Men's Walking Football

with Shaun Taylor

11 am–12.30 pm

**Tuesdays**

Samuel  
Lithgow  
Youth Centre



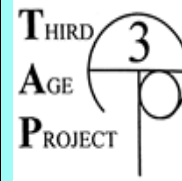
Ageing Better in Camden



**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**



### Third Age Project

Shortlisted for Guardian Charity Awards 2016



**February 2018**

Give one a try!

- \* **Creative Writing & Poetry** 2-4 pm Mondays
- \* Relaxation Techniques 1-3 pm Tuesdays
- \* **Beginners Tai Chi** 10 am–11.30 am Fridays
- \* **Gentle Yoga** 12.30 pm–2.00 pm Fridays

### Frauds & Scams Information Workshop

By anti fraud team  
Santander Bank

12 noon–1 pm

**Wednesday 21st February**

Samuel Lithgow Youth Centre

Free matinee show  
by acclaimed Kandinsky Theatre

### MATINEE SHOW

With afternoon tea

2 pm Wednesday

**21st March 2018**

New Diorama Theatre



**International Languages Day Event**

2-4 pm  
**Mon 12th Feb**  
Diorama Arts Centre

### BARN DANCE # FAMILY BARN DANCE

### BARN DANCE

Mary Panton &  
the Wrangle Taggle Band

2–4 pm

**Friday**

**16th February**

Diorama Arts Centre



**Crypt Centre, Munster Sq London NW1 3PL Phone: 020 7383 4922**  
[www.thirdageproject.org.uk](http://www.thirdageproject.org.uk) [info@thirdageproject.org.uk](mailto:info@thirdageproject.org.uk)

Membership only £10 per year must be 60+ and a Camden resident