

## THIRD AGE PROJECT – JUNE 2010 - MAIN ACTIVITIES PROGRAMME

### MONDAY

#### At the Crypt Centre

- 10.30 – 12.30 pm X Homecrafts with Sue (not 28<sup>th</sup>)
- 12.30 – 2.00 pm **Golden Years Meeting (14<sup>th</sup>)**
- 2.00 - 4.00 pm **Sewing Self-Help Group**
- 2.00 – 4.00 pm X **Pottery** with Daniella
- 2.00 – 4.00 pm **Intro to the Internet** with Maya  
(please ring to book a session)

### TUESDAY

#### At the H Pod

- 11.30 – 12.30 pm **Chair based Exercise** with Urmi
- 1.30 – 4.00 pm **Women's Well-Being (22nd)**

#### At the Crypt Centre

- 10.00 - 1.00 pm X **Cookery Class** with Paola
- 11.00 – 1.00 pm **Karaoke Club** with Brian/Maureen
- 3.00 – 4.00 pm **Healthy Hearts** with Rosario

### WEDNESDAY

#### At the H Pod

- 9.30 – 11.30 am X **Conversational English**
- 10.30 – 12,30 pm **Advice Sessions** Age Concern

#### At the Samuel Lithgow Youth Centre

Women's *Euston Health Club*

- 9.45 – 10.45 am **Aerobics** with Mariam
- 9.45 – 10.45 am **Gym** with Philomena & Urmi
- 11.00 - 12.00 noon **Toning & Stretching**
- 12.00 – 1.00 pm **Self-Help and Health Talks**

#### At the Samuel Lithgow Youth Centre

Men's *Euston Health Club*

- 10.30 – 1.00 pm **Health Advice & Massage**
- 11.00 - 1.00 pm **Gym** (Paul & Michael)
- 12.00 – 1.00 pm **Badminton**

#### At the Crypt Centre

- 2.30 - 4.00 pm **BINGO!** with free raffle

### THURSDAYS

#### At the Crypt Centre

- 10.30 - 12.30 pm X **Third Age Drama** with Gary
- 1.00 - 3.00 pm X **Poetry Group** with Kim

#### At the H Pod

- 3.00 – 4.00 am **Bollywood Dance (24<sup>th</sup> only)**

#### At the Samuel Lithgow Youth Centre

- 1.00 – 3.00 pm X **Line Dancing** with Alicia

*From Green Light Pharmacy (138 Drummond Street, NW1)*

**WALK IN LOVELY REGENTS PARK!**

- 10.30 am – 12.30 pm **Women's Health Walk**
- 11.00 am - 1.00 pm **Men's Health Walk**

### FRIDAY

#### At the H Pod

- 10.30 – 12.30 pm X **Jewellery Self-Help Group**
- 10.30 – 12.30 pm X **ESOL (level 1)** Pravinder  
2.00 - 4.00 pm X **Social Get Together (not 25<sup>th</sup>)**

#### At the Crypt Centre

- 1.30- 4.30 pm **Men's Club** (pool, cards, darts)