

THIRD AGE PROJECT – JANUARY 2010 - MAIN PROGRAMME

MONDAY

At the Crypt Centre

- 10.15 – 12.15 pm Homecrafts
- 12.30 – 2.00 pm *Golden Years (11th)*
- 2.15 - 4.15 pm Sewing Group
- 2.00 – 4.00 pm Pottery
- 2.00 – 4.00 pm Intro to the Internet

TUESDAY

At the H Pod

- 11.30 – 12.30 pm Chair based *Exercise*

At the Crypt Centre

- 10.00 - 1.00 pm Cookery Class (new chef!)
- 11.00 – 1.00 pm Karaoke Club
- 11.00 – 1.00 pm Bengali Music
- 3.00 – 4.00 pm Healthy Hearts

WEDNESDAY

At the H Pod

- 9.30 – 11.30 am Conversational English
- 9.45 – 12.00 noon Women's Aerobics & Relaxation
- 12.00 – 12.30 pm Women's Self-Help/Health Talk

At the Crypt Centre

- 11.00 12.30 pm Men's Gym, Circuit Training,
- 10.30 am – 1.00 pm Men's Advice/Massage (20th)

Classes start in week beginning
Monday 11th January 2010.

THURSDAYS

At the Crypt Centre

- 10.30 am – 12.30 pm Third Age Drama
- 1.00 pm - 3.00 pm Poetry Group

At the H Pod

- 10.30 am – 1.00 pm Well-Being (21st)
- 11.00 – 12.30 am Neighbour Help Desk
- 2.00 – 4.00 pm Line Dancing

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 am – 12.30 pm Jewellery (All ages)
- 10.30 am – 12.30 pm ESOL (*level 1*)
- 2.00 – 4.00 pm Country Dancing

At the Crypt Centre

- 1.30 pm - 4.30 pm Men's Club
Pool, cards, darts etc.
- Next Tea Dance is 2 – 4 pm on Fri 12th Feb.

BINGO is at the Crypt Centre from 2.30 pm – 4.00 pm
on Wednesdays. *Special monthly prize + free raffle.*