FOREVERYOUNG.

Bingo:

Busy! Busy! Always fun! Come down and try your luck!

Wednesday: **£1.00 per sheet** Thursday: **£6.50 all inc**

Chair-Based Exercise:

Learn light exercise with our qualified personal instructor Azmal. Better mobility, strength and heart health for all. **Cost: £1.00**

Coffee Morning:

All welcome! Drop-in for tea, coffee and a friendly chat. **FREE**

Come Lunch with Me - Cook & Eat Lunches:

If you love good food then come try our delicious lunches. For those who like to cook or want to know more about how to prepare healthy meals **Cost: £3.50**

Please confirm attendance with Mary

Dance for fitness:

Join us for a dance for fitness class. **Cost: £2.00**

Cost: £1.00

Art Class:

Develop your artistic skills in this exciting new class.

All materials are provided and beginners are welcome. Suitable for all levels.

Cost: FREE

Please confirm attendance with Mary

Flexible Movement:

Tone up in this fun class. Chair and non-chair based.

Cost: £1.00

If you are a Camden resident, 75+ and have mobility issues, please contact Mary to find out more about the free minibus pick up service for lunches, shopping trips and outings.

Multi-Sports:

In this session you can play games such as Carrom Board, botcha or have a go in the gym.

Gym (60+):

Please contact the front of house team, Abdul or Graham, to book a session. There's an induction session if you are new to the gym. **FREE**

Sewing Class:

Develop your sewing and pattern-cutting skills in this friendly class.

Cost: £2.00

Queens Players Drama Group:

Write! Act! This is the group for you. **FREE**

Seated Yoga:

Learn light exercise with our qualified personal instructor Carolyn.

Better mobility, strength and heart health for all.

Tapestry:

Learn how to create beautiful tapestries with Eliot. It's easier than you think and great fun.

£2.00 for materials

The Big Eat – 10 Week Cookery Course for 75+ (Level 2 Certificate)

Starting Monday, 6th `January 11.30-2 pm. Topics include braising, steam, biryani and risotto, holding marinades, etc.

Cost: £20.00 including lunch

Trip to Rembrandt Exhibition - 16th Jan

Rembrandt Harmenszoon van Rijn was a Dutch draughtsman, painter, and printmaker. An innovative and prolific master in three media, he is generally considered one of the greatest visual artists in the history of art and the most important in Dutch art history. Trip to the National Gallery, leaving QCCA at 11am.

Please confirm attendance with Mary

January Social Lunch & Movie Matinee - 28th Jan

Rid yourself of your winter blues with our monthly social lunch along with a showing of the 'feel-good film of the year' Finding Your Feet.

When "Lady" Sandra Abbott discovers that her husband of 40 years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister Bif. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet.

CITY OF LONDON
COMMUNITY HEARTBEAT The Community HeartBeat Trust
QCCA Empowering communities by providing a lifetime of support
The Henry Smith Charity
COMMUNITY FUND
Ageing Better in Camden

QCCA
Empowering communities by providing a lifetime of support

FOREVER YOUNG.

Events & Activities for Ageing Well!

January 2020

45 Ashdown Crescent
NW5 4QE

Reflexology
by Appointment
Thursdays - 10am-1pm
e-mail:
Jennyflavill@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday
		1 *from* QCCA	2	3
6 Chair Based Exercise *10-11 am* Come Lunch with Me + Cooking Course! *11:30pm - 2pm* Coffee Morning *11 - 12.30 pm* Drama: *2-4 pm*	7 Come Lunch with Me! *11:30pm - 2pm* Tapestry *11 am - 1 pm* Art Class *11.30 – 1 pm*	8 Sewing *10-12* Flexible Movement *10-11 am* Come Lunch with Me! *11:30am - 2pm* Bingo *2-3pm*	9 Bingo *2-3pm* Multi Sports *1:30- 2:30pm*	10 Chair Based Exercise *10-11 am* Coffee Morning: *11-12.30 pm* Seated Yoga *2:30 - 3.30 pm*
13 Chair Based Exercise *10-11 am* Come Lunch with Me + Cooking Course! *11:30pm - 2pm* Coffee Morning *11 - 12.30 pm* Drama: *2-4 pm*	14 Come Lunch with Me! *11:30pm - 2pm* Tapestry *11 am - 1 pm* Art Class *11.30 – 1 pm*	15 Sewing *10-12* Flexible Movement *10-11 am* Come Lunch with Me! *11:30am - 2pm* Bingo *2-3pm*	16 Trip to Rembrandt Exhibition *11:00am* Bingo *2-3pm* Multi Sports *1:30 - 2:30pm*	17 Chair Based Exercise *10-11 am* Coffee Morning *11-12.30 pm* Seated Yoga *2:30 - 3.30 pm*
20 Chair Based Exercise *10-11 am* Come Lunch with Me + Cooking Course! *11:30pm - 2pm* Coffee Morning *11 - 12.30 pm* Drama: *2-4 pm*	22 Come Lunch with Me! *11:30pm - 2pm* Tapestry *11 am - 1 pm* Art Class *11.30 – 1 pm* Dance for fitness *1:15-2:15pm*	20 Sewing *10-12* Flexible Movement *10-11 am* Bingo *2-3pm*	21 Bingo *2-3pm* Multi Sports *1:30 - 2:30pm*	24 Chair Based Exercise *10-11 am* Coffee Morning: *11-12.30 pm* Seated Yoga *2:30 - 3.30 pm*
27 Chair Based Exercise *10-11 am* Come Lunch with Me + Cooking Course! *11:30pm - 2pm* Coffee Morning *11 - 12.30 pm* Drama: *2-4 pm*	28 January Social Lunch *11:30pm - 2pm* Tapestry *11 am - 1 pm* Art Class *11.30 – 1 pm* Dance for fitness *1:15-2:15pm*	29 Sewing *10-12* Flexible Movement *10-11 am* Come Lunch with Me! *11:30am - 2pm* Bingo *2-3pm*	30 Bingo *2-3pm* Multi Sports *1:30 - 2:30pm*	31 Chair Based Exercise *10-11 am* Coffee Morning: *11-12.30 pm* Seated Yoga *2:30 - 3.30 pm*

Tel: 020 7267 6635
E-mail: mary@qcca.org.uk

Mon, Tues & Wed
Multi - Sports & Social
1:30 pm - 3:30pm