
	2nd January to 5th January 2018	8th January to 12th January 2018	15th January to 19th January 2018	22nd January to 26th January 2018	29th January to 2nd February 2018
<b>Monday</b>	<b>1st</b>  <b>NEW YEAR'S DAY</b>  <b>closed</b>	<b>8th</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> 2—4 pm <b>Boccia</b> at DAC 2-4 pm <b>Creative Writing</b>	<b>15th</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> 2—4 pm <b>Boccia</b> at DAC 2-4 pm <b>Creative Writing</b>	<b>22nd</b> 11.30-12.30 Singalong /drop-in 10.am—12.00 noon <b>Crafts</b> with Uni 12.00—1.30pm <b>Chair Yoga</b> 11-12 noon <b>Zumba Gold</b> 2—4 pm <b>Boccia</b> at DAC 2-4 pm <b>Creative Writing</b>	<b>29th</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> 2-4 pm <b>BINGO</b> Steve Smith Hall 2—4 pm <b>Boccia</b> at DAC 2-4 pm <b>Creative Writing</b>
<b>Tuesday</b>	<b>2nd</b>  TAP Office Re-opens at 10 am today	<b>9th</b> 11—12 <b>Men's Walking Football</b> 10—12 noon <b>Crafts</b> 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 2-4 pm <b>English Club</b> Sewing group At the Crypt Centre	<b>16th</b> 11—12 <b>Men's Walking Football</b> 10—12 noon <b>Crafts</b> 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>23rd</b> 11—12 <b>Men's Walking Football</b> 10—12 noon <b>Crafts</b> 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>30th</b> 11—12 <b>Men's Walking Football</b> 10—12 noon <b>Crafts</b> 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>Wednesday</b>	<b>3rd</b> open at 1.00 pm today  <b>NEW YEAR BINGO!</b>  2.30- 4.00pm At the Crypt Centre	<b>10th</b> <b>60+ Health Club</b> 10 am <b>Men's Shed Meeting</b> <small>Samuel Lithgow Youth Centre</small> 1—2pm <b>English Club</b> conversation 2.30—4 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>17th</b> <b>60+ Health Club + Men's Shed</b> <b>AYURVEDIC MEDICINE EVENT &amp; TRIP</b> 1—2pm <b>English Club</b> conversation 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>24th</b> <b>60+ Health Club + Men's Shed</b> <small>Samuel Lithgow Youth Centre</small> 1—2pm <b>English Club</b> conversation 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>31st</b> <b>60+ Health Club + Men's Shed</b> <small>Samuel Lithgow Youth Centre</small> 1—2pm <b>English Club</b> conversation 2.30-4.00pm <b>BUMPER BINGO</b> At the Crypt Centre
<b>Thursday</b>	<b>4th</b>  <b>NEW YEAR HEALTH WALK</b>  10.30 am (women's) 11 am (men's) Starting at Greenlight Pharmacy 162/164 Hampstead Road NW1	<b>11th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 2 pm <b>Third Age Cinema</b> <b>HAMPSTEAD</b> (2017 film)	<b>18th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 2 pm <b>Third Age Cinema</b> <b>DUNKIRK</b> (2017 film)	<b>25th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 2 pm <b>Third Age Cinema</b> <b>Victoria &amp; Abdul</b>	<b>1st</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 1—2 pm <b>monthly social club</b> <b>Quiz &amp; Games</b> (TBC) 2—4.pm
<b>Friday</b>	<b>5th</b>  <b>Men's Club</b>  1.30-4.15 pm Crypt Centre	<b>12th</b> 11 am <b>Volunteer Forum</b> 2-4 pm <b>Country dancing</b> DAC <b>Men's Club</b> 1.30-4.15pm at Crypt	<b>19th</b> 2-4 pm <b>Country dancing</b> Diorama Arts Centre <b>Men's Club</b> 1.30-4.15pm at Crypt	<b>26th</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—2pm <b>Gentle Yoga</b> 12.30—3pm <b>Chinese New Year Party</b> Samuel Lithgow Youth Centre 2-4 pm <b>Country dancing</b> DAC

### January 2018 Films

#### Hampstead

Thursday 11th Jan

**Dunkirk (2017)**

Thursday 18th Jan

**Victoria & Abdul**

Thursday 25th Jan

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



### ENGLISH CLUB

#### Sewing Group

#### Tuesdays

(starting 9th Jan 2018)

2—4 pm

with **Sayedra**

Crypt Centre



## Third Age Project

Shortlisted for Guardian Charity Awards 2016



January 2018

## 2018 NEW YEAR! NEW YOU! 2018

Why don't you make a new resolution to try something new?  
Do you want to stay independent and active?  
Our physical exercise classes support those of all abilities and interests

TAP/Cumberland Market Residents Association



2-4 pm **Free!**

**Monday**

29th Jan 2018

Steve Smith Hall

### Ayurvedic Medicine

Wednesday

17th Jan 2018

12 noon Talk

2 pm Tour of

**Medicine Man**

### ZUMBA GOLD

Mondays

11 am—12 noon

(starting 8th Jan 2018)

with **Jacqueline Musgrave**

Samuel Lithgow Youth Centre

### Creative Writing

With **Ronald Tumelty**

**New!** Mondays  
2—4 pm

(starting Mon 8th Jan 2018)

Crypt Centre



### How to Relax!

(with relaxation techniques)  
with **Kulbir Bhandal**

**New!** Tuesdays  
1—3 pm

(starting Tues 9th Jan 2018)

Crypt Centre



### Men's Shed Wednesdays

10 am—12 noon  
(from Wed 10th Jan 2018)

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  
(from Tues 9th Jan 2018)

Tuesdays

Samuel  
Lithgow  
Youth Centre



### Introduction to Gentle Yoga

**Jeneeta Nirmalan**

**New!** Fridays

12.30 pm—2.00 pm

Starting Friday 26th Jan 2018)

Crypt Centre



### Beginners Tai Chi

**Nikolaos Trigkatzis**

**New!** Fridays

10—11.30 am

Starting Friday 26th Jan 2018)

Crypt Centre



Ageing Better  
in Camden



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