
	30th October to 3rd November 2017	6th Nov to 10th November 2017	13th Nov to 17th November 2017	20th Nov to 24th November 2017	27th Nov to 1st December 2017
<b>Monday</b>	<b>30th</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> Diorama Arts Centre	<b>6th</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> Diorama Arts Centre	<b>13th</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> Diorama Arts Centre	<b>20th</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> Diorama Arts Centre	<b>27th</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> Diorama Arts Centre
<b>Tuesday</b>	<b>31st</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>MIndfulness</b> with Kulbir 2-4 pm <b>English Club</b> Sewing group At the Crypt Centre	<b>7th</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>MIndfulness</b> with Kulbir 2-4 pm <b>English Club</b> Sewing group At the Crypt Centre	<b>14th</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>MIndfulness</b> with Kulbir 2-4 pm <b>English Club</b> Sewing group At the Crypt Centre	<b>21st</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>MIndfulness</b> with Kulbir 	<b>28th</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>MIndfulness</b> with Kulbir 2-4pm <b>English Club</b> Sewing group At the Crypt Centre
<b>Wednes day</b>	<b>1st</b> <b>60+ Health Club + Men's Shed</b> Samuel Lithgow Youth Centre 10.30—1 pm <b>Drawing &amp; Painting</b> 1—2 pm <b>English Club</b> conversation 2.30- 4.00pm <b>BINGO</b> At the Crypt Centre	<b>8th</b> <b>60+ Health Club + Men's Shed</b> Samuel Lithgow Youth Centre 10.30—1 pm <b>Drawing &amp; Painting</b> 1—2pm <b>English Club</b> conversation <b>BINGO CLUB</b> 2.30-4.00 pm	<b>15th</b> <b>60+ Health Club + Men's Shed</b> Samuel Lithgow Youth Centre 10.30—1 pm <b>Drawing &amp; Painting</b> 1—2pm <b>English Club</b> conversation 2.30-4.00 pm <b>BINGO CLUB</b> <b>AWAY DAY EVENT</b>	<b>22nd</b> <b>60+ Health Club + Men's Shed</b> Samuel Lithgow Youth Centre 10.30—1 pm <b>Drawing &amp; Painting</b> 1—2pm <b>English Club</b> conversation 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>29th</b> <b>60+ Health Club + Men's Shed</b> Samuel Lithgow Youth Centre 10.30—1 pm <b>Drawing &amp; Painting</b> 1—2pm <b>English Club</b> conversation 2.30-4.00pm <b>BUMPER BINGO</b> At the Crypt Centre
<b>Thursday</b>	<b>2nd</b> <b>No Drama Workshop Today</b> 2.—4 pm <b>Photography</b> with ipads 2 pm <b>Third Age Cinema</b> <b>CHURCHILL</b> (2017 film)	<b>9th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> <b>Members Social Event</b> with the <b>Volunteer Forum</b> <b>Free</b> Crypt Centre <b>raffle</b>	<b>16th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> Older peoples advisory forum 2 pm <b>Third Age Cinema</b> <b>Their Finest</b> (Bill Nighy) <b>M</b>	<b>23rd</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 2 pm <b>Third Age Cinema</b> <b>Despicable Me!</b> (the Minions) <b>M</b>	<b>30th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 2 pm <b>Third Age Cinema</b> <b>My Cousin Rachel</b> <b>M</b>
<b>Friday</b>	<b>3rd</b> 10—11.30 am <b>Tai Chi</b> 1—2.30 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>10th</b> 10—11.30 am <b>Tai Chi</b> 1—2.30 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>17th</b> 10—11.30 am <b>Tai Chi</b> 1—2.30 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>24th</b> 10—11.30 am <b>Tai Chi</b> 1—2.30 pm <b>Gentle Yoga</b> 2-4 pm <b>Country dancing</b> DAC At the Crypt Centre	<b>1st</b> 10—11.30 am <b>Tai Chi</b> 1—2.30 pm <b>Gentle Yoga</b> 2-4 pm <b>Country dancing</b> DAC <b>Men's Club</b> 1.30-4.15 pm at Crypt

## MINDFULNESS

An effective technique coping with stress

**1—3 pm  
Tuesdays**

Crypt Centre

## ENGLISH CLUB

Conversation  
Group

**Wednesdays**

1—2 pm  
with **Roopna**

Crypt Centre



## ENGLISH CLUB

Sewing  
Group

**Tuesdays**

2—4 pm  
with **Sayed**

Crypt Centre



Coach Trip

**Historic Canterbury  
Christmas Market**

**Friday  
1st December 2017**

Only £10 for members

A few seats left!  
9am—7 pm

## Members Social Event

Come & meet your  
Representatives share your  
ideas over tea & cake

2-4 pm

**Thurs 9th Nov 2017**  
Crypt Centre

## ZUMBA GOLD

**Mondays**

11 am—12 noon

with **Jacqueline  
Musgrave**

Samuel Lithgow Youth Centre

## Men's Shed

**Wednesdays**

10 am—12 noon  
*from 13th Sept*

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

Samuel Lithgow  
Youth Centre

West Euston Time Bank  
Mary Ward Centre

**Celebration:  
Paper Flowers**

*new 5 week course*

**Tuesdays  
10—12 noon**  
*Starting 5th Nov 2017*

Crypt Centre



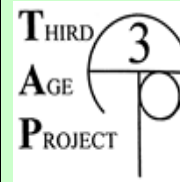
**Men's  
Walking Football**

with **Shaun Taylor**

11 am—12.30 pm

**Tuesdays**

Samuel  
Lithgow  
Youth Centre



## Third Age Project

Shortlisted for Guardian Charity Awards 2016

1997—2017

**November 2017**



Third age drama presents:

**Christmas Pantomime**

**2 pm Thursday 7th Dec 2017**

New diorama theatre

a **free** Matinee performance

**THIRTY CHRISTMASES**

Xmas Comedy

**2 pm Thursday 14th Dec 2017**

New diorama theatre



**ART for those  
60+ & Carers**

with **Joana Spilman**

**Wednesdays**

10.30 - 1 pm

Crypt Centre

In partnership with **Greenlight**

**Increasing  
Diabetes Awareness**

10.30 am—1 pm

**Wed 15th Nov 2017**

Samuel Lithgow Youth Centre

Introduction to  
**Gentle Yoga**

Jeneeta Nirmalan

**New!**

**Fridays**

**New!**

1.00 pm —2.30 pm

Crypt Centre

**Beginners  
Tai Chi**

with **Nikolaos Trigkatzis**

**New!**

**Fridays**

**New!**

10—11.30 am

Crypt Centre

**Third Age Project, Crypt Centre, Munster Square,  
London NW1 3PL Phone: 020 7383 4922**

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Charity No. 1108521 Company No. 04715685

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**Crypt Centre, Munster Sq London NW1 3PL Phone: 020 7383 4922  
www.thirdageproject.org.uk info@thirdageproject.org.uk**

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