


	1st May to 6th May 2017	8th May to 13th May 2017	15th May to 20th May 2017	22nd May to 27th May 2017	29th May to 3rd June 2017
<b>Monday</b>	<b>1st</b>  <b>BANK HOLIDAY</b>  closed	<b>8th</b> 11 am Open Coffee Morning 10.30-11.30 <b>Tennis Coaching</b> SLYC 10.30-12.30 <b>Homecrafts</b> with Uni 12.30—2pm <b>Seated Yoga</b> with Anne  2.30—4 pm <b>Boccia</b> Diorama arts studios	<b>15th</b> 11 am Open Coffee Morning 10.30-11.30 <b>Tennis Coaching</b> SLYC 10.30-12.30 <b>Homecrafts</b> with Uni 12.30—2pm <b>Seated Yoga</b> with Anne  2.30—4 pm <b>Boccia</b> Diorama arts studios	<b>22nd</b> 11 am Open Coffee Morning 10.30-11.30 <b>Tennis Coaching</b> SLYC 10.30-12.30 <b>Homecrafts</b> with Uni 12.30—2pm <b>Seated Yoga</b> with Anne  2.30—4 pm <b>Boccia</b> Diorama arts studios	<b>29th</b> <u>Half Term this week</u>  <b>BANK HOLIDAY</b>  closed
<b>Tuesday</b>	<b>2nd</b> 11—12 Men’s Walking Football 10.am—12.00 noon <b>Crafts</b> with Zoe 12.00—1 pm <b>Chair-based Exercise</b> <div style="border: 1px solid blue; background-color: #e6f2ff; padding: 5px; text-align: center;"> <b>TEA DANCE</b>                          2-4 pm Esther Randall Court                     </div> 2.00—3.30pm <b>Gentle Yoga</b> Anne	<b>9th</b> 11—12 Men’s Walking Football 10.am—12.00 noon <b>Crafts</b> with Zoe 12.00—1 pm <b>Chair-based Exercise</b> 1 pm <b>community cafe</b> 2.00—3.30pm <b>Gentle Yoga</b> with Anne	<b>16th</b> 11—12 Men’s Walking Football 10.am—12.00 noon <b>Crafts</b> with Zoe 12.00—1 pm <b>Chair-based Exercise</b> <div style="border: 1px solid red; background-color: #e6ffe6; padding: 5px; text-align: center;"> <b>Pampering Event</b>                          1.30—4.30 pm                     </div> 2.00—3.30pm <b>Gentle Yoga</b> Anne	<b>23rd</b> 11—12 Men’s Walking Football 10.am—12.00 noon <b>Crafts</b> with Zoe 12.00—1 pm <b>Chair-based Exercise</b> 1 pm <b>community cafe</b> 2.00—3.30pm <b>Gentle Yoga</b> with Anne	<b>30th</b> 12.00 —1pm <b>Chair-based Exercise</b> 1 pm <b>community cafe</b> <b>GLOBAL CITIZENSHIP WORKSHOP</b> <div style="border: 1px solid blue; background-color: #ffffe6; padding: 5px; text-align: center;"> <b>Carry On Club</b> 1.30—4.30pm ISH                 </div>
<b>Wednes day</b>	<b>3rd</b> <b>60+ Health Club</b> <b>Men’s Shed</b> 10am <b>Health Talk</b> 12.00 10.30-1.30 <b>Jewellery</b> with Uni 1.00—2.00 pm <b>English Club</b> 2.30 pm <b>BINGO! CLUB</b> At the Crypt Centre	<b>10th</b> <b>60+ Health Club</b> <b>Men’s Shed</b> 10am <b>Health Talk</b> 12.00 10.30-1.30 <b>Jewellery</b> with Uni 1.00—2.00 pm <b>English Club</b> 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>17th</b> <b>60+ Health Club</b> 12.00 <b>Dementia Awareness Talk</b> 10.30-1.30 <b>Jewellery</b> with Uni 1.00—2.00 pm <b>English Club</b> 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>24th</b> <b>60+ Health Club</b> <b>Men’s Shed</b> 10am <b>Health Talk</b> 12.00 10.30-1.30 <b>Jewellery</b> with Uni 1.00—2.00 pm <b>English Club</b> 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>31st</b> <div style="border: 1px solid black; background-color: #e6ffff; padding: 10px; text-align: center;"> <b>Men’s Shed</b>  <b>Health Workshop</b>  <b>11 am—1 pm</b> </div> 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre
<b>Thurs- day</b>	<b>4th</b> Women & Men’s Walks <div style="border: 1px solid black; background-color: #ffe6e6; padding: 5px; text-align: center;">                         11 am—1 pm <b>Drama</b> with Gary                     </div> <div style="border: 1px solid black; background-color: #e6e6ff; padding: 5px; text-align: center;"> <b>2 pm Third Age Cinema</b>  <b>PADDINGTON</b> <span style="font-size: 2em; color: green;">M</span> </div> At the Crypt Centre	<b>11th</b> Women & Men’s Walks <div style="border: 1px solid black; background-color: #ffe6e6; padding: 5px; text-align: center;">                         11 am—1 pm <b>Drama</b> with Gary                     </div> <div style="border: 1px solid black; background-color: #e6ffff; padding: 5px; text-align: center;"> <b>Men’ Shed</b> Arsenal Stadium Trip                     </div> <div style="border: 1px solid black; background-color: #ffe6e6; padding: 5px; text-align: center;">                         2 pm <b>PASSENGERS</b> (film)                     </div> At the Crypt Centre	<b>18th</b> Women & Men’s Walks <div style="border: 1px solid black; background-color: #ffe6e6; padding: 5px; text-align: center;">                         11 am—1 pm <b>Drama</b> with Gary                     </div> <div style="border: 1px solid black; background-color: #ffffe6; padding: 5px; text-align: center;"> <b>2 pm Third Age Cinema</b>  <b>LA LA LAND</b> <span style="font-size: 2em; color: green;">M</span> </div> At the Crypt Centre	<b>25th</b> Women & Men’s Walks <div style="border: 1px solid black; background-color: #ffe6e6; padding: 5px; text-align: center;">                         11 am—1 pm <b>Drama</b> with Gary                     </div> <div style="border: 1px solid black; background-color: #ffcc00; padding: 5px; text-align: center;"> <b>2 pm Third Age Cinema</b>  <b>LION</b> <span style="font-size: 2em; color: green;">M</span> </div> At the Crypt Centre	<b>1st</b> Women & Men’s Walks <div style="border: 1px solid black; background-color: #ffe6ff; padding: 5px; text-align: center;"> <b>2 pm Third Age Cinema</b>  <b>JACKIE</b> </div> <b>GLOBAL CITIZENSHIP WORKSHOP</b> At the Crypt Centre
<b>Friday</b>	<b>5th</b> <div style="border: 1px solid black; background-color: #e6e6ff; padding: 5px; text-align: center;">                         10.30 am -12.30pm <b>ESOL Deepak</b> </div> 2-4 pm <b>Country Dancing</b> at DAS <b>Men’s Club</b> 1.30-4.15 pm at Crypt	<b>12th</b> <div style="border: 1px solid black; background-color: #e6e6ff; padding: 5px; text-align: center;">                         10.30 am -12.30pm <b>ESOL Deepak</b> </div> 2-4 pm <b>Country Dancing</b> at DAS <b>Men’s Club</b> 1.30-4.15pm at Crypt	<b>19th</b> <div style="border: 1px solid black; background-color: #e6e6ff; padding: 5px; text-align: center;">                         10.30 am -12.30pm <b>ESOL Deepak</b> </div> 2-4 pm <b>Country Dancing</b> at DAS <b>Men’s Club</b> 1.30-4.15pm at Crypt	<b>26th</b> <div style="border: 1px solid black; background-color: #e6e6ff; padding: 5px; text-align: center;">                         10.30 am -12.30pm <b>ESOL Deepak</b> </div> 2-4 pm <b>Country Dancing</b> at DAS <b>Men’s Club</b> 1.30-4.15 pm at Crypt	<b>2nd</b> <b>Men’s Club</b> 1.30-4.15 pm at Crypt  <b>GLOBAL CITIZENSHIP</b>  <b>SOCIAL GET TOGETHER</b>
<b>Saturday</b>	<b>6th</b> 3-5 pm <b>Men’s Badminton</b>	<b>13th</b> 12-6 <b>TOURNAMENT</b>	<b>20th</b> 3-5 pm <b>Men’s Badminton</b>	<b>27th</b> 3-5 pm <b>Men’s Badminton</b>	<b>3rd</b> 3-5 pm <b>Men’s Badminton</b>

## Men's Badminton Tournament

**Saturday  
13th May 2017**

12—2 pm coaching  
2-6 pm knockout

Samuel Lithgow Centre

Coach Trips 2017



**Bognor Regis**

**Thursday**

**8th June 2017**

9 am—7 pm approx.

Members £10 guest £15

**Yoga Courses**

**Seated Yoga**

12.30 pm  
Mondays

**Gentle Yoga**

Tuesdays  
2 pm

Crypt Centre

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Coach Trips 2017

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Our private chartered boat

**Royal Windsor to Marlow**

**Thursday 13<sup>th</sup> July 2017**

£25 all inclusive per member

9 am to 7 pm approx

**Creativity & Well-Being Week 2017**

**Looking Back**

**Moving Forward**

2 pm Thursday 15th June 2017

New Diorama Theatre

**Tennis for All!**

with qualified coach

**Mondays 10.30 am—11.30 am**

**8th, 15th & 22nd May 2017**

Samuel Lithgow Youth Centre

**Men's Walking Football**

with Shaun Taylor

11 am—12 noon

**Tuesdays**

Samuel Lithgow Youth Centre



Third Age Project

**English Club**

1-2 pm

Wednesdays

Crypt Centre

Fun!

Social!

**Third Age Project, Crypt Centre, Munster Square,**

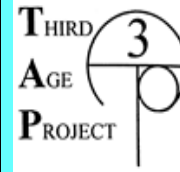
**London NW1 3PL Phone: 020 7383 4922**

twitter@ThirdAgeProject www.facebook.com/third-age-project

Charity No. 1108521 Company No. 04715685

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**Third Age Project**

Shortlisted for Guardian Charity Awards 2016

1997—2017

**MAY 2017**



Spring Trip To

**Kew Gardens**



Thursday

22nd June 2017

Advance booking essential

*Don't forget to renew your  
TAP Membership 2017-18*

**Pampering Event**

Head & shoulders massage  
reflexology, manicure, footcare

1.30—4.30 pm

**Tuesday**

**16th May 2017**



\*advance bookings recommended

Crypt Centre

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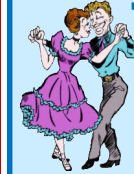
**TEA DANCE**

2-4 pm Tuesday

2nd May 2017

Free to TAP members

Esther Randall Court



insiders



**Dementia Awareness Week 2017**

**60+ Health Club**

**Wed 17th May**

12 noon—1 pm **Health Talk**

Samuel Lithgow Youth Centre

**Global Citizenship Project**

31st May to 9th June 2017



Interviews, focus groups &  
discussion workshops

**British Museum Preview**

**Hokusai Beyond  
the Great Wave**

Sunday

**21st May 2017**

2.30 pm

THE  
BRITISH  
MUSEUM

Limited free tickets



**Crypt Centre, Munster Sq London NW1 3PL Phone: 020 7383 4922**

[www.thirdageproject.org.uk](http://www.thirdageproject.org.uk) [info@thirdageproject.org.uk](mailto:info@thirdageproject.org.uk)

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