

	2nd October to 7th October 2017	9th October to 13th October 2017	16th October to 20th October 2017	23rd October to 27th October 2017	30th October to 3rd November 2017
<b>Monday</b>	<p><b>2nd Open House Week</b></p> <p>10.am—12.00 noon <b>Crafts</b> with Uni</p> <p><b>Launch of new ABC project</b></p> <p><b>Camden Boccia Tournament</b> 2—4 pm Diorama arts centre</p>	<p><b>9th</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 starts</b> 11-12 noon <b>Zumba Gold</b></p> <p>2—4 pm <b>Boccia</b> Diorama Arts Centre</p>	<p><b>16th</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></p> <p>2—4 pm <b>Boccia</b> Diorama Arts Centre</p>	<p><b>23rd Half Term Week</b></p> <p>11.30-12.30 Singalong /drop-in</p> <p><b>GRANDPARENTS DAY EVENT</b></p> <p>2-4 pm Diorama Arts Centre</p>	<p><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></p> <p>2—4 pm <b>Boccia</b> Diorama Arts Centre</p>
<b>Tuesday</b>	<p><b>3rd</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>Mindfulness</b> with Kulbir 2-4 pm <b>English Club Sewing group</b> At the Crypt Centre</p>	<p><b>10th</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>Mindfulness</b> with Kuldip 10 am Visit to the <b>Thanet Club</b> 2-4 pm <b>English Club Sewing group</b></p>	<p><b>17th</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>Mindfulness</b> with Kuldip</p> <p><b>PAMPERING</b> 1.30-4.30 pm <b>M</b></p>	<p><b>24th</b> 11—12 <b>Men's Walking Football</b> 12.00—1 pm <b>Chair-based Exercise</b> 1 pm <b>community cafe</b></p> <p><b>Quiz &amp; Games Afternoon</b> (2 -4 pm) Crypt Centre</p>	<p><b>31st</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>Mindfulness</b> with Kuldip 2-4pm <b>English Club Sewing group</b> At the Crypt Centre</p>
<b>Wednes day</b>	<p><b>4th</b> <b>60+ Health Club + Men's Shed</b> Samuel Lithgow Youth Centre</p> <p>10.30—1 pm <b>Drawing &amp; Painting</b> 1—2 pm <b>English Club</b> conversation 2.30- 4.00pm <b>BUMPER BINGO</b> At the Crypt Centre</p>	<p><b>11th</b> <b>60+ Health Club + Men's Shed</b> Samuel Lithgow Youth Centre</p> <p>10.30—1 pm <b>Drawing &amp; Painting</b> 1—2pm <b>English Club</b> conversation 2 pm <b>KINGS</b> (free theatre show) 2.30-4.00 pm <b>BINGO CLUB</b></p>	<p><b>18th</b> <b>60+ Health Club + Men's Shed</b> Samuel Lithgow Youth Centre</p> <p>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>BRIDGE THE GAP</b> at 5 pm</p>	<p><b>25th</b></p> <p>1—2pm <b>English Club</b> conversation</p> <p><b>BUMPER BINGO</b> 2.30-4.00 pm At the Crypt Centre</p>	<p><b>1st</b> <b>60+ Health Club + Men's Shed</b> Samuel Lithgow Youth Centre</p> <p>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</p>
<b>Thursday</b>	<p><b>5th</b> 11am—1pm <b>Intro to Stagecraft</b> 1 - 2 pm <b>Dementia Training</b> 2.—4 pm <b>Photography with ipads</b> 2 pm <b>Third Age Cinema</b> <b>Lady Macbeth</b></p>	<p><b>12th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm <b>Intro to Stagecraft</b> 2.—4 pm <b>Photography with ipads</b> 2 pm <b>Third Age Cinema</b> <b>THEIR FINEST</b> (Bill Nighy)</p>	<p><b>19th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm <b>Intro to Stagecraft</b> 2.—4 pm <b>Photography with ipads</b> 2 pm <b>Third Age Cinema</b> <b>My Life as a Courgette</b> (An intergenerational film)</p>	<p><b>26th</b> <b>Women &amp; Men's Walks</b></p> <p><b>Community Eid Show</b> Music, bollywod dance, free food &amp; more! 1—4 pm Crypt Centre</p>	<p><b>2nd</b> <b>Women &amp; Men's Walks</b> 11 am—1pm <b>Intro to Stagecraft</b> 2.—4 pm <b>Photography with ipads</b> 2 pm <b>Third Age Cinema</b> <b>CHURCHILL</b> (2017 film)</p>
<b>Friday</b>	<p><b>6th</b> 10—11.30 am <b>Tai Chi</b> (TBC) 2-4 pm <b>International Older People's Day</b> with the Wrangle Taggle Band <b>Men's Club</b> 1.30-4.15pm at Crypt</p>	<p><b>13th</b> 10—11.30 am <b>Tai Chi</b> (TBC) 1—2.30 pm <b>Gentle Yoga</b> starts 2-4 pm <b>Country dancing</b> DAC <b>Men's Club</b> 1.30-4.15pm at Crypt</p>	<p><b>20th</b> 10—11.30 am <b>Tai Chi</b> (TBC) 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</p>	<p><b>27th</b></p> <p><b>Men's Club</b> 1.30-4.15 pm At the Crypt Centre</p>	<p><b>3rd</b> 10—11.30 am <b>Tai Chi</b> (TBC) 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</p>

## 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!

## Tai Chi

with Nikolaos Trigkatis

**Fridays**

10—11.30 am  
Starting 6th October  
(to be confirmed)  
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

## The Asia Project

Crafts course  
10—12 Tuesdays

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

**OCTOBER 2017**

a **free** Matinee performance for  
older people, carers & guests

SMOKE & OAKUM THEATRE PRESENT A PLAY BY OLI FORSYTH

**2 pm Wednesday  
11th October 2017**  
New Diorama Theatre

# KINGS

West Euston Time Bank  
October Gallery & Third Age Project

## 10th Annual Grandparents Day Event

(intergenerational games, storytelling  
dance, music & lots of activities)



2—4 pm

**Monday  
23rd October 2017**

Diorama Arts Centre



## Photography & ipads

4 week taster course from 5th Oct  
with Jon Chater



**2-4 pm  
Thursdays**  
Crypt 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

## The Asia Project

Crafts course  
10—12 Tuesdays

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**Men's  
Walking Football**

with Shaun Taylor

11 am—12.30 pm

**Tuesdays**

Samuel  
Lithgow  
Youth Centre



**ART for those  
60+ & Carers**

with Joana Spilman  
**Wednesdays**  
10.30 - 1 pm Crypt

**20** Third Age Project **20**

**Open House Week**

**Monday 2nd Oct  
to Saturday 7th Oct**



*Putting older people at the  
very heart of the community!*

**Fun Palace**

11 am—5 pm Saturday 7th October  
1 Triton Square, Regents Place, NW1

**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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**20**

**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**