
	4th September to 8th September 2017	11th Sept to 15th September 2017	18th Sept to 22nd September 2017	25th Sept to 29th September 2017	2nd October to 7th October 2017
<b>Monday</b>	<b>4th</b> <b>Crypt Closed</b>  2.—4 pm <b>Boccia</b> Castlehaven Community	<b>11th</b> 10.30-12.30 coffee morning 10.am—12.00 noon <b>Crafts</b> with Uni 11-12 noon <b>Zumba Gold</b> 2.—4 pm <b>Boccia</b> Diorama Arts Centre	<b>18th</b> 10.30-12.30 coffee morning 10.am—12.00 noon <b>Crafts</b> with Uni 11-12 noon <b>Zumba Gold</b> 2.—4 pm <b>Boccia</b> Diorama Arts Centre	<b>25th</b> 10.30-12.30 coffee morning 10.am—12.00 noon <b>Crafts</b> with Uni 11-12 noon <b>Zumba Gold</b> 2.—4 pm <b>Boccia</b> Diorama Arts Centre	<b>2nd Open House Week</b> 10.am—12.00 noon <b>Crafts</b> with Uni 12.00—1.30pm <b>Chair Yoga</b> with Marie <b>Launch of new ABC project</b> <b>Camden Boccia Tournament</b> 2—4 pm Diorama arts centre
<b>Tuesday</b>	<b>5th</b> 11—12 <b>Men's Walking Football</b> At Samuel Lithgow Youth Centre <b>Crypt is closed</b>	<b>12th</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 Kuldip 12.30 <b>Volunteer Forum</b> members 2-4 pm <b>English Club Sewing group</b>	<b>19th</b> 11—12 <b>Men's Walking Football</b> 10—12 noon Crafts with Zoe 12.00—1 pm <b>Chair-based Exercise</b> <b>PAMPERING 1.30-4.30pm</b> 1 —3pm <b>Mindfulness</b> with Kuldip <b>ANNUAL GENERAL 3-5 pm MEETING</b>	<b>26th</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 —3 pm <b>Mindfulness</b> with Kuldip 2-4 pm <b>English Club Sewing group</b> At the Crypt Centre	<b>3rd</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 Kuldip 2-4 pm <b>English Club Sewing group</b>
<b>Wednesday</b>	<b>6th</b> 12 noon <b>Volunteers Meeting</b> 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>13th</b> <b>60+ Health Club</b> Samuel Lithgow Youth Centre Re-starts today 1—2pm <b>English Club</b> conversation 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>20th</b> <b>60+ Health Club</b> <b>Blood Pressure Talk</b> Samuel Lithgow Youth Centre 1—2pm <b>English Club</b> conversation 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>27th</b> <b>60+ Health Club</b> Samuel Lithgow Youth Centre 9.45 am <b>Dance Freestyle</b> with Emma 1—2pm <b>English Club</b> conversation 2.30-4.00 pm <b>BINGO CLUB</b> At the Crypt Centre	<b>4th</b> <b>60+ Health Club</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>Thursday</b>	<b>7th</b> <b>Women &amp; Men's Walks</b> <b>Crypt is closed</b> <b>GREENWICH BOAT TRIP</b> Meet 10 am Crypt With Gary & Urmi	<b>14th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> <b>Coach Trip to Norwich</b> Sorry Fully booked	<b>21st</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 2 pm <b>Third Age Cinema</b> Viceroy's House <b>M</b>	<b>28th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 2 pm <b>Third Age Cinema</b> A United Kingdom <b>M</b>	<b>5th</b> <b>Women &amp; Men's Walks</b> 11 am—1pm Intro to <b>Stagecraft</b> 1 - 2 pm <b>Training Workshop</b> 2 pm <b>Third Age Cinema</b> <b>Lady Macbeth</b>
<b>Friday</b>	<b>8th</b> <b>STAFF/TRUSTEES TRAINING DAY</b> <b>Men's Club</b> 1.30-4.15 pm at Crypt	<b>15th</b> 2-4 pm <b>Country dancing</b> with Mary Diorama Arts Centre <b>Men's Club</b> 1.30-4.15pm at Crypt	<b>22nd</b> 10.30 am -12.30pm <b>ESOL Deepak</b> 2-4 pm <b>Country dancing DAC</b> <b>Men's Club</b> 1.30-4.15pm at Crypt	<b>29th</b> 10.30 am -12.30pm <b>ESOL Deepak</b> 2-4 pm <b>Country dancing DAC</b> <b>Men's Club</b> 1.30-4.15 pm at Crypt	<b>6th</b> 10—11.30 am <b>Tai Chi</b> with Niko 10.30 am -12.30pm <b>ESOL Deepak</b> 1—2.30 pm <b>Gentle Yoga</b> with Marie 2-4 pm <b>International Older People's Day</b> with Wraggle Taggle Band

## Art for 60+ & carers

Joanna Spilman

**Wednesdays**  
10.30-1.30 pm

Starting 27th Sept 2017

Crypt Centre

## ENGLISH CLUB

Conversation  
Group

**Wednesdays**

from 13th Sept  
1—2 pm

with **Roopna**

Crypt Centre



## ENGLISH CLUB

Sewing  
Group

**Tuesdays**

from 12th Sept  
2—4 pm

with **Sayed**

Crypt Centre



## Seated Yoga

with Marie Masullo

**Mondays**

12 noon — 1.30 pm

Starting 2nd October 2017

Crypt Centre

## Tai Chi

with Nikolaos Trigkatis

**Fridays**

10—11.30 am

Starting 29th September

Crypt Centre

## Gentle Yoga

with Marie Masullo

**Fridays**

1.00—2.30 pm

Starting 6th October 2017

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

Starting 12th Sept 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

**SEPTEMBER 2017**

New Course!

## Mindfulness

with Kuldip Bhandhall

1.00—3.00 pm Tuesdays

Starting 12th September 2017



## ZUMBA GOLD

Starting 11th September 2017

11- 12 noon

Samuel Lithgow Youth Centre



In partnership with **Greenlight Healthcare**  
& **National Blood Pressure Association**

60+ Health Club

## Know Your Numbers!



**Wed 20th Sept**

10.30 am—12 noon

Have your blood pressure taken

12 noon—1.00 pm

Talk & practical workshop

By a pharmacist

Samuel Lithgow Youth Centre



Third Age Project  
**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

New Diorama 2 Regents Place

**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