

What's coming next month...

goodbye, august
hello, september

13/09/2017

Margate Seaside Trip

18/09/17

Francis Laing Eye Tests

27/09/17

Yalding Remembrance

Ceremony

29/09/17

Macmillan Coffee Morning

New Activities at Yalding



Gardening Club

We now have a beautiful new communal Garden that is absolutely blooming.

We need volunteers to maintain the garden with the help of raised beds it is more accessible then ever before and lots of opportunities to create new projects all green fingered members please contact Ken.

Zumba Wednesdays

Starting on Wednesday 9th August we will be having Zumba Gold classes. Zumba Gold is a dance fitness class with a lower intensity. The design of the class introduces easy-to-follow Zumba that focuses on balance, range of motion and coordination. Leaving you stronger than ever before! -

Walking Group

A great chance to stretch the legs with the support of a group and activity leader. We will explore the local area and have adventures along the way. If you are interested please contact Nikki. Starting September.

August Word Search

U	S	G	H	S	L	D	C	G	N	I	D	L	A	Y
O	A	U	A	T	E	L	F	F	A	R	D	C	C	O
Y	N	B	I	R	O	C	I	H	C	O	X	O	O	G
Q	D	P	R	E	G	H	U	S	M	R	R	U	M	A
V	W	I	D	N	N	I	J	I	R	Y	G	N	P	G
R	I	H	R	G	I	R	N	J	G	I	N	S	U	A
E	C	S	E	T	B	O	X	O	A	Z	I	E	T	R
L	H	D	S	H	E	P	L	T	C	M	K	L	E	D
A	E	N	S	S	C	O	C	C	O	A	L	L	R	E
X	S	E	E	G	X	D	A	S	M	S	A	I	S	N
I	A	I	R	E	X	I	R	P	P	S	W	N	A	I
N	F	R	L	Y	Q	S	D	I	A	A	U	G	L	N
G	I	F	M	E	N	T	S	R	N	G	J	C	A	G
B	E	D	A	N	C	E	T	T	Y	E	Q	A	D	K
R	P	F	U	N	U	T	R	I	T	I	O	U	S	Y

How many Yalding related words can you find, there are 26 words to find

Submit your entry for a chance to win our monthly prize draw.

Deadline Friday 25th August

June's winner Salome Twum



Beverly at
Wingham Wildlife Park
12.07.17



Jill with the
Flamingos
Wingham Wildlife
Park



Pearly Queen &
Lydia
14.07.17

As it lingers in the year like the Sunday of summer, they say that any day in August is better than a day in January.

Last month saw the temporary closure of the Yalding Healthy Living Centre, whilst the building was refurbished and who would have thought that two weeks work could produce such a dramatic change. A special heartfelt thanks from the members goes out to Connor Lambourne and his team from Wilmoth Dixon Interiors who showed that with the right plan anything is possible. The reopening of the Yalding Centre was just as special with the great and the good of Southwark descending on Yalding to celebrate its transformation we had the Mayor, Cllr Charlie Smith, the Deputy Mayor of London for Social Integration, Social Inclusion and Community Engagement, Andrew Waite - Patron, Dee Russell, Pearley Queen of Chelsea - Patron, Jacky Bourke-White - Age UK L & S CEO and Susan Underhill - Age UK L & S Deputy CEO.

It may be considered a month of Sundays, but as we all know Sunday can as busy as the rest of the week and here at Yalding we have lots going on. August see the not just our newly created garden blooming but some blooming marvellous new activities starting at the centre. We are starting a **Gardening Club** to which all are invited to join, all abilities are welcome, even if you think you can't there is something you can do to be a part of the group and help us to maintain the beautiful outdoor area that has been created.

Zumba is back, a chance to get those hips shaking and arms moving in a class for all levels. This will now be on a Wednesday and based at the centre in our newly decorated lounge room.

For those of you who want something a bit more sedate why not come along to our **Tea and Biscuit Tuesdays**, where you can have as much tea and biscuits whilst socialising for the cost of £1! If that tickles your fancy then why not also consider attending our monthly **Hilton Coffee Morning on Friday 4th**. But if having a laugh, shaking a leg and an afternoon of fun is more you, we will be having the pleasure of a visit by the **Cockney Sovereign on Friday 11th**. Never the ones to save the best for last because as you know not a month goes by in Yalding that an excursion isn't planned and this time sees us heading off to see the spires of **Oxford on Wednesday 16th** to shop at the wonderful market and see the hidden sites that this quintessential English town has to offer. So book now and don't delay to ensure a seat.

Finally the month draws to a close with a big send off which will be our annual **Summer Fete on Wednesday 23rd** an occasion for all the family - why not come on down, enjoy yourself and make the most of it

What's happening every week this August at Yalding

Monday

10.00 - 11.00 a.m. Line Dancing class
 11.00 a.m. - 12.00 p.m. Seated Exercise
 1.30 - 2.30 p.m. Tai Chi
 2.15 - 3.45 p.m. Bingo

28th Closed for Bank Holiday

Tuesday

10.30 - 11.30 p.m. Yoga - Wear comfortable clothing, mats are provided
 10.30 a.m.—2.30 p.m. - IT Support available
 11.30 - 2.00 p.m. Reflexologist
 2.00—4.00 p.m. - Afternoon Film Matinee

1st, 15th & 29th August Singing Group - 11.00 a.m.— 12.00 p.m.

Wednesday

9.15 - 10.15 a.m. Swimming at Darwin Court
 11.00-12.00 Zumba (starting 8th)
 14.00-15.30 Ballroom Dance

16th Oxford Market Trip - £13.00

23rd Summer Fete and Carnival Party

Thursday

10.30-12.00pm Southwark Park Outdoor Bowls
 11.00 a.m. - 12.00 p.m. Senior Aerobics
 From 10.00 a.m. - Manicure and Massage
 10.00 a.m. - 4.00 p.m. Hairdresser available
 2.15— 3.45 p.m. Bingo and Raffle

Friday

11.30 a.m.- 12.30 p.m. - Seated Exercise
 2.15 - 3.45 p.m. - Bingo

4th Hilton Coffee Morning— booking essential

11th Cockney Sovereign. 3-6pm Cost £3

Sunday 13th South London Cares Film Matinee

Join us for
 breakfast
 every morn-
 ing 9.30-
 11.00!



Oxford Trip

Don't forget to pay for your day trip to Oxford Market trip. You can visit the historic covered market that is located in the centre of town, a museum or wander around some of the most famous landmarks in England. We will be leaving Yalding at 9.30.

Margate Seaside Trip

Wednesday 13th September we will be visiting the lovely, sea-side town of Margate. They have chic eateries, galleries, vintage shops and chilled-out cafes rub shoulders with traditional seaside delights: candy-floss stands; fish and chip shops; seafood stalls Book your place now.

Wilmott Dixon Community Investment Project



What a treat it is to come back to our brand new look centre with a beautiful garden that everybody can access and use.

We are truly appreciative of all of the hard work and support from Wilmott Dixon Interiors Trainees, Thames Reach apprentices, DWP, Globe School and all the volunteers that got involved.

The renovation means more than a new look, this will allow us to open ourselves to a lot more exciting opportunities, be accessible to the wider community and provide a more diverse activity programme.



Yalding Summer Fete



On **Wednesday 23rd August 11-3pm** we will be hosting our annual Summer Fete. We are the Healthy Living Centre and are focusing on maintaining good health and being knowledgeable about possible health risk and preventing long term problems we will have an optician, blood pressure checks and information on how local services can benefit our members and the wider community. You will also have the chance to try an exercise class, refreshments and a BBQ will be available to buy if you are interested in having a stall or have donations of clothes or bric-a-brac, please get in touch.