

IMPROVING LATER LIFE

What's coming next  
month...

Welcome  
**JULY**

03/07/17

Centre to close for  
refurbishments

12 /07/17

Wingham Wildlife Park Trip

Tickets £28.00

14/07/17

Centre Reopening BBQ

17/07/17

Centre open as normal

Hairdressing Salon

Our much loved hair dressing salon has recently had some TLC courtesy of XL Caitlyn Global Day of Giving.

Joy the hairdresser comes every Thursday and you will not find better value for money anywhere.

**Women's Wash & Set £5**

**Women's Wash & Cut £7**

**Perm £25**

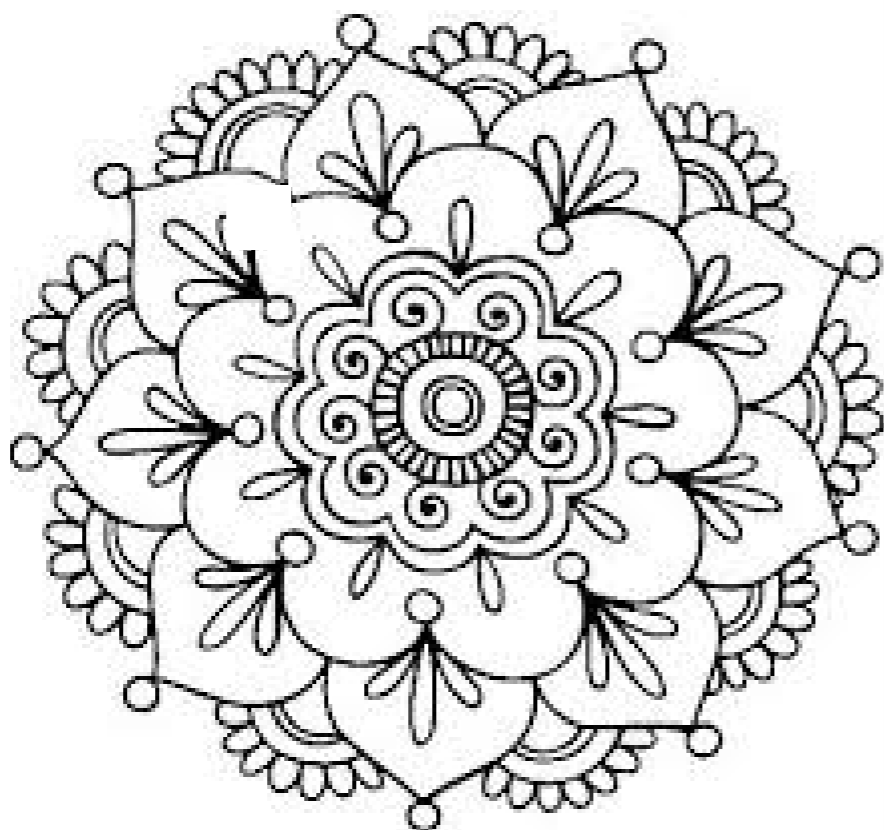
**Perm & Cut £30**

**Men's Cuts £4**

To book please make an appointment at reception or alternatively give us a call.



Summer Colouring



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

**Deadline Friday 26th June 2017**

**This Months Winner: May 2017 puzzle winner is Janet Kuyatsemi**

hello  
**JUNE**



Janet playing chess with

AJ Bell



Spanish Groups last session



AJ Bell Volunteering Days



RBS Corporate Day

11th May 2017

**Yalding Healthy Living Centre**

They say that spring being a tough act to follow, God created June. within the lives of those that visit our centre, combining the best of those yesteryears with bright possibilities of the future.

Speaking of what the future of Yalding Healthy Living Centre is looking pretty bright, as we are excited to announce the refurbishment of the centre this is being sponsored and undertaken by **Willmott Dixon**. The refurbishment will be completed over the first two weeks of July which means the Centre will be closed (a special newsletter will be produced to inform you of services and activities that will be available during the two closure).

This month sees us taking to the skies, a trip to the **Royal Air Force Museum**, where you can be amazed by the stunning new exhibition - First World War in the air and discover the amazing individuals that contributed to the development of flight and the RAF.

Lets not forget that this month brings with it Fathers day which is on Sunday the 18<sup>th</sup> of June and as our way of celebrating all the gentlemen that that attend the centre we will be having a **Men's day** on Friday 16<sup>th</sup> June hosted by the **Discovery Team**. Where we will be creating a space where you can sit have a drink and hang out and enjoy being one of the guys. So why not come on down and take a load off.

But it cannot all be fun and games here at Yalding as much a we would all like it to, June also so see the beginning of Diabetes week on the 12th of June during that week we will also have a speaker from Diabetes UK giving a talk on how best to prevent yourself from becoming a diabetic and if you are how to moderate its effect on your health. On Friday 9<sup>th</sup> we will also be hosting a talk on **Oral Hygiene** given by a practitioners and students from King Collage Dental Clinic.

And last but not least sees us end the month with our annual **Mid Summer Ball** a chance to enjoy the summer warmth in the company of friends while dancing to the musical beats of Dave and Diana formerly of our Easter Party, when if you weren't on the dance floor you must have been out the door.

## What's happening every week this June 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  
2.00 - 4.00 p.m. Bingo

**19th Refugee Week Event**

### Tuesday

11.00 - 12.00 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

**6th & 20th June Singing Group - 11.00 a.m.— 12.00 p.m.**

### Wednesday

9.15 - 10.15 a.m. Swimming at Darwin Court,  
1.30– 3.00 p.m. Pakour Dance  
14.00-15.30 Ballroom Dance

**14th RAF Museum Trip—Tickets £5.00**



### 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  
2.30 - 4.00 p.m. Bingo and Raffle

**Every Thursday AJ Bell Volunteering days see notice board for weekly activities**

### Friday

11.30 a.m.- 12.30 p.m. - Seated Exercise  
2.30 - 4.00 p.m. - Bingo

**9th King's College Dental Oral Hygienist Talk**  
**23rd Midsummer Party—Tickets £10.00**

### IT Summer Sessions

*Tuesday 10.30– 14.30pm*  
Throughout the summer months we have a IT tutor available in the IT suite able to support you with any problems you are facing using a computer. Perhaps using a search engine, filling out an online form, looking at a website or creating an email account. Perhaps you would like to search for activities to do with the grandchildren. Please drop in. Or make an appointment at reception.  
**Daily** IT Suite with access to internet. We also have webcams and earphones available to use.

## Wilmott Dixon Community Investment Project



This week we announced the exciting news that Wilmot Dixon will be coming to Yalding to refurbish the building as part of their community project.

The project will cover the whole building including new floors, new kitchen, toilets and garden walkway. We are over the moon that this will be happening and believe it will have an enormous impact on all of those who use our centre. The project will also be mutually beneficial to Wilmott Dixon who invest a lot in community projects and their apprenticeship scheme.

Unfortunately due to the scale of the project we will have to close Yalding for 2 weeks from the 3rd July to the 14th. We will all be working hard over the next few weeks to put together a programme of activities whilst the centre is closed and we will publish this in a special edition newsletter for the renovation and more information will follow.

### Your help is needed

Thank you to all of those who contributed to the ballot for the colours of the centre. We still need your help with all of the other jobs that will need to be done to make sure that the centre is a vibrant place that everybody likes to be. Wilmot Dixon is inviting members and the local community to come and help with the refurbishment whether your handy with a paint brush or have green fingers, come and give a hand.

Please check the notice board or contact us for more information for updates regarding the renovations

### Lime Tree House - Nunhead

At the Lime Tree Healthy Living Project in 2 Dundas Road, SE15 2DL we provide the following activities:-

#### Tuesday

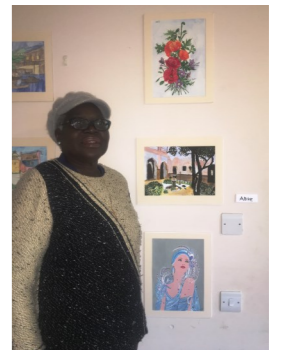
11a.m. - 12.00 p.m. Knitting club  
11.30 a.m. - 12.30 p.m. Singing group  
2.00 - 4.00 p.m. Bingo & Raffle

#### Wednesday

10.00 a.m. - 12.00 p.m. Art group

#### Friday

11.30-12.30 Seated Exercise



Abike with her work