



AGE UK
LEWISHAM AND SOUTHWARK

Yalding Healthy Living Centre
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Friday Drop In

10.30 a.m. - 12.30 p.m.

WWW.AGEUK.ORG.UK/
LEWISHAMANDSOUTHWARK

IMPROVING LATER LIFE

What's coming next
month...

06/10/17  OCTOBER

Swing

Dance and Tea Party for
Older People's Day

17/10/17

Trip to the Black Cultural
Archives - Black Sound

20/10/17



Black History Month Cele-
bration at Stones End

22/10/17

SLC - Film Club

Gardening Club Volunteers

We are still in need of members and people from our local community who have an interest in or would like to learn to become gardening volunteers. Everybody is welcome to get stuck in and **green fingered** in our beautiful garden.

Prolonged light exercise, such as gardening, can burn more calories than a gym session, despite feeling much easier to do we ask for a small commitment and all abilities are welcome.

Help us to upkeep the garden and keep it blooming for

every one to enjoy!



September Colouring



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

Deadline Wednesday 27th September

August's winner Rita Cole



Southwark Mayor
Cllr Charlie Smith, Pam, Jill
and Lil



Lime Tree Art Group Exhibi-
tion at Yalding Summer Fete



Stall sellers at the
Yalding Summer
Fete



Yalding Healthy Living Centre

September is the time of the year that reminds us that change can be beautiful. With all the senses being slightly soothed by the return of autumn, the changing of the leaves, the sound of rain on your window pane and the return of comforting food - that's always on available here for lunch at Yalding.

We take this opportunity to thank all of the members, organiza- tions and volunteers that helped to make our Summer Fete a suc- cess. The sun may not have come out for us but for those of you that did come out it was well worth the journey and I hope you will all be keeping an eye on you blood pressure from now on as I know I will be.

Our trip to Oxford on the 16th August was filled with lots of merri- ment along the way as it always is when we venture to the country- side. Mind you the journey back was quite eventful and had us all bonding, but as they say what happens on the coach stays on the coach. If you missed that trip there will be another to the Zoopla Offices for a Tech Day on the Thursday 28th of September, so if you have any tech issues with your phones, laptops or tablets why not go along .

Just like the seasons there are changes afoot at Yalding that also show that change can be positive, most notable is the arrival of new tables and chairs for our dining room which will help to enhance not only your dining experience but also any time just spent hang- ing out with friends, playing bingo, enjoying a crossword, learning a new craft or just having a cup of tea in the centre.

Our activities schedule now includes Zumba Gold, the time has ch, it will now be on a Wednesday at 1.30pm at the bequest of the mem- bers, let's hope this new time brings along more of you. We also see the our return partnership with Harris Academy Bemondsey who will be hosting a Macmillan Coffee morning on the Monday 25th to which all are welcome to join the students in their fundraising efforts.

Autumn also see the introduction of a new walking group on a Tuesday which gives you the opportunity to learn about landmarks and things of interest along the route, whilst experiencing the joys of outdoors. Speaking of the great outdoors, nothing says outdoor more than the great British seaside! this year sees us heading to Margate on the 20th to experience those joys with the feel of the sea breeze against our skin, the smell of the salty air and not to for- get the taste of locally caught fish as we have a lovely fish supper. Now all together now 'WE'RE ALL GOING ON AN END OF SUMMER DAY TRIP ...'

What's happening every week this September 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

25th Harris Academy Bermondsey Macmillan Coffee Morning

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

12th & 26th September Singing Group - 11.00 a.m.— 12.00 p.m.

26th Walking Group Trip to Russia Docks Woodland

Wednesday

9.15 - 10.15 a.m. Swimming at Darwin Court
 1.30 - 2.30 p.m. Zumba

20th Margate Seaside Trip - Fully booked

27th Yalding Remembrance Service - 2.00 p.m.

**Zumba @
Yalding
Begins!**



Last Wednesday the new Zumba Gold class got under way at the Yalding Centre. It is an extremely popular activity.

Focusing on strength, balance & musical movement with a lower intensity than traditional Zumba.

Please come along and try it on **Wednesday's at 1.30 p.m.** to feel the benefits and have fun.

All Zumba members get a pound off their lunch throughout September.

Thursday

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

28th Zoopla Office Tech Day

***Appointment Only**

Friday

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

22nd Hilton Coffee Morning - Booking Required

Sunday 24th SLC Film Matinee - It happened one night - 3.00 - 6.00 p.m.

Macmillan Coffee morning 29/9/2017

We are proud to take part for another year in the Worlds largest coffee morning for Macmillan Cancer Support. This will take place at 10.00am. We hope to see as many of you there as possible to embrace the opportunity to come together and raise money for Macmillan, whilst enjoying spending time with friends for cuppa, cake and a chat.

We will be supporting the Harris Academy Bermondsey students in their efforts to fundraise on Monday 25th September and are looking for members to join them at the school.

Please speak to Ken if you would like to come!!!!



**WE ARE
MACMILLAN.
CANCER SUPPORT**



Yalding Summer Fete

A HUGE Thank You to our members who attended, the information stall holders, Akom and table top sellers that came along to the Yalding Summer Fete on Wednesday the 23rd August.

The day was a huge success promoting health messages and socialising.

The sun shone and we were particularly delighted to have the Mayor of Southwark Cllr. Charlie Smith in attendance.

We acknowledge the very generous donations from Peckham Morrisons and Christian Life Era Ministries who donated the burgers and soft drinks.

See you all next year!



Morrisons Pop-in-Cafe

Every Friday Morning between 10-11 a.m. you will find us at the Peckham Morrisons café.

Come and join us for information on the latest Age UK L & S services & local community services that benefit local older people. Join us for a hot drink, a natter and make some new friends.

The Alyesham Centre, Rye Lane, SE15 5EW

