

Activities organised and led by Di's Diamonds July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 EVERY WEEK Diamond Geezers 3.30-5pm Swimming 2.45pm	2 Bowling at Namco 10:15 Every 1 st Tuesday Karaoke at the Rafa Club 7.30pm onwards -Free	3 Coffee Morning Joes Place 10am Art appreciation workshop 3 rd session 11:30-1.30	4 Irish Dancing 12.30pm EVERY 1 ST THURSDAY Tired of Thursdays Tea Chat Group Rush Green Community Centre 1-3pm	5	6 The Sugar Girls 1pm Havering Museum Music night Rafa club 7:30	7
8 EVERY 2 ND MONDAY HVC Coffee Morning 10-12 noon EVERY WEEK Diamond Geezers 3.30-5pm Swimming 2.45pm 1pm Garden Talk Cream Tea	9 Camden Town & Little Venice Canal Trip 10am	10 Rainbow Trust Cream Tea Harold Wood 3-5	11 Fun and Social afternoon 12-3pm Rafa Tired of Thursdays Tea Chat Rush Green CC 1-3pm	12 Fish n chips Lunch 12:30 JJ Moons Hornchurch	13	14
15 EVERY 3 RD MONDAY Queens Theatre Coffee Morning 10-12noon U3A Dagenham 1pm Swimming 2.45pm Diamond Geezers 3.30-5pm 2 nd Year Celebration Party	16	17 Slug & Lettuce Romford – Lunch 12:30	18 Tired of Thursdays Tea Chat Group Rush Green Community Centre 1-3pm Every Thursday	19 Tasty Treats at First steps coffee morning 10:00am-12:30pm	20	21
22 EVERY WEEK Diamond Geezers 3.30-5pm Swimming 2.45pm Red Cross Museum 10am	23 Mudchute Farm 10am Cowboys & Angels -Free Concert Canary Wharf evening	24 Moby Golf 10:30 Moby Dick Meal 12:30 Tea Party Wanstead 2-3:30	25 **Moon & Stars Coffee morning - 10-12 noon EVERY LAST THURSDAY** please check Tired Turs Tea 1-3 Art appreciation workshop 4th session 1:30-3.30	26	27 Romford Market - Pride 11:30 Charity Quiz Garden Hornchurch 1:45	28
29 EVERY WEEK Diamond Geezers 3.30-5pm Swimming 2.45pm	30 Motown Night Canary Wharf evening -free	31 Art appreciation workshop 4th session repeat 11:30-1.30	Please book at one of our coffee mornings or alternatively Email Disdiamonds@ageukrbh.org.uk Or call 0208 220 6000 Mon-Fri 9:00 -15:00 07724508967 Mon-Tue 07375704448 Wed-Fri		For Further Info Please Turn Page If you have special dietary or mobility needs confirm directly with the restaurant before booking. All restaurant phone numbers are listed in the relevant date details	