

Activities organised and led by Di's Diamonds October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Bookings are essential Please book at one of our coffee mornings or Email Disdiamonds@ageukrbh.org.uk Or call 0208 220 6000 Mon-Fri 9:00 -15:00 07724508967 Mon-Tue 07375704448 Wed-Fri</p>	<p>1 International Older Peoples Day 10-3pm 120 Fenchurch St 10:30 Ceramics 2-4 Start of 8 week course</p>	<p>2 Coffee Morning Café Terra 10am Every 1st Wed Young at Heart 10-2 Friendly Tea Dance 12:30 Art appreciation 1:30</p>	<p>3 Irish Dancing 12.30pm EVERY 1ST THURSDAY</p>	<p>4</p>	<p>5 Excellent Essex 1pm Music at Rafa 8pm A Night of Magic Charity Eve</p>	<p>6</p>
<p>7 Diamond Geezers 3.30-5pm EVERY WEEK Swimming 2.45pm EVERY WEEK Charity Coffee Morning 11:30-1:30 Cinema Premier 2pm onwards</p>	<p>8 Bowling at Namco * 10.15am Ceramics 2-4 part 2 Breathe & Balance 2.30-3.30</p>	<p>9 Cosmo Lunch 12:30 Chair Exercise every Wed Gables</p>	<p>10 Haunted Royal House & Palaces 7pm</p>	<p>11</p>	<p>12 Police Heroes of Essex 1pm</p>	<p>13 Silver Sunday 12-2:30pm</p>
<p>14 HVC Coffee Morning 10-12 noon EVERY 2ND MONDAY Diamond Geezers 3.30-5pm EVERY WEEK Swimming 2.45pm EVERY WEEK</p>	<p>15 Food Exhibition Victoria & Albert Museum 10am Ceramics 2-4 Charity Meal Tandoori Night</p>	<p>16 Friendly Tea Dance 12:30 Chair Exercise every Wed Gables 12:30</p>	<p>17 Fun and Social afternoon 12-3pm RAFA</p>	<p>18 Tasty Treats 10 am</p>	<p>19</p>	<p>20</p>
<p>21 Queens Theatre Coffee Morning 10-12noon EVERY 3RD MONDAY Diamond Geezers 3.30-5pm EVERY WEEK Swimming 2.45pm EVERY WEEK U3A 1pm</p>	<p>22 Ceramics 2-4 part 4 Karaoke Rafa 8pm</p>	<p>23 Old Stokey Walk 10am Chair Exercise every Wed Gables 12:30</p>	<p>24 Thursdays Tea Chat Group Rush Green CC 1-3pm Meets every Thursday your 1st session needs to be prebooked</p>	<p>25 Fish n Chips 12:30</p>	<p>26 She-Wolf 1:30</p>	<p>27 Remember the 60s bus trip & museum & vintage lunch</p>
<p>28 Diamond Geezers 3.30-5pm EVERY WEEK Swimming 2.45pm EVERY WEEK * New Coffee morning Meeting Place 10-12</p>	<p>29 Ceramics 2-4 Part 5</p>	<p>30</p>	<p>31 Worlds Inn Coffee morning 10-12 noon EVERY LAST THURSDAY Romford Dogs Lunch & Racing 12:30</p>	<p>* October's bowling date changed to 8th ** Events are volunteer led. Please book to ensure Of any changes **If you have special dietary needs or mobility please make your own enquiries before booking. All restaurant & event phone numbers are listed in the relevant date details</p>		