

Di's Diamonds – December 2019

Contact Disdiamonds@ageukrbh.org.uk or phone 020 8220 6000 (9am-3pm Mon-Fri) or 07724 508967 / 07375 704448

Please let us know which events you are attending so we can make arrangements for people to meet up.

All activities are open to residents of all 3 boroughs unless stated.

	Di's Diamonds Events
REGULAR EVENTS EVERY MONDAY	<p><u>Over 50's Free Swim for Havering Residents</u> Sapphire Leisure Centre 24, Western Road, Romford RM1 3JT. Meet in the Foyer 2.45pm. Sign up for your free Everyone Active Card and swim 3-4pm</p> <p><u>Diamond Geezers</u> 3.30-5pm Tesco's Community Room, Tesco Roneo Corner RM11 1PY. For information call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
REGULAR EVENT EVERY TUESDAY	<p>Weekly Chair Exercise Group in Havering every Tuesday between 12:00pm -1:15pm. Breathe and Balance Class 1:15 -2.15. Tesco Roneo Corner Community Room 300 Hornchurch Road RM11 1PY. Cost £3 per session please prebook your 10 session course by ringing us on 0208 220 6000 or email lorraine.barfoot@ageukrbh.org.uk -see additional list for other classes available across all 3 boroughs.</p>
REGULAR EVENT EVERY WEDNESDAY	<p><u>Weekly Chair Exercise Group</u> in Barking & Dagenham every Wednesday –Gables Surgery, Markyate Road Dagenham RM8 2LD between 10:30am -11:30am.</p> <p><u>Weekly Chair Based Yoga</u> 1.45- 2.24 HASWA Greenfields, Kilmartin Way Elm Park Rm12 5NB –starts 30Oct Both Cost £3 per session please prebook your 10 session course by ringing us on 0208 220 6000 or email lorraine.barfoot@ageukrbh.org.uk</p> <p><u>CWL Lunch Club</u> 12 noon at St Joseph's Social Club, St Mary's Lane Upminster. £6 for either hot or cold lunch, pudding, cake or tea. Everyone will be very welcome. Money raised is donated to charity</p>
REGULAR EVENT EVERY THURSDAY	<p><u>Thursdays Tea Chat</u> -variety of talks and activities. Meet every Thursday at Rush Green Community Centre, Rush Green Gardens, Rush Green Road Romford RM7 0LB 13:00-15:00 £1 for Coffee/Tea & biscuit. First session must be pre booked via email Di's Diamonds: 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
REGULAR EVENT WEDNESDAY TWICE A MONTH	<p><u>Note no session in December please contact Zoe for future dates in the New Year</u></p> <p><u>Friendly Tea Dance</u> 12:30-2:30 pm at St James Family Church 173 Chase Cross Road RM5 3YR. £4pp (Free for accompanying carers) includes tea/coffee, cake and biscuit. Every 1st & 3rd Wednesday. Venue is wheelchair accessible and dementia friendly and we would love for carers and those that they help to join us and create friendships. Book via dazzledancecentere.co.uk or dazzledancecentre@outlook.com or 07792071287 Zoe. or call 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>

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<p>Special notice</p>	<p><u>Our Events are normally led by volunteers – please ensure you book before attending in case venue or timing is changed. Some events have restrictions on numbers. Book early to avoid disappointment.</u> <u>Please provide contact details</u></p>
<p>Saturday 1st December</p>	<p><u>Christmas Memories</u>- Neil Sands. Starts 13:30 Queens Theatre Hornchurch RM11 1QT £14.65 tickets available from box office 01708 443333</p>
<p>Tuesday 3rd December</p>	<p><u>Christmas Table Decoration</u> noon until 2pm. £15 per person – includes flowers. Harrington Upminster Bridge 01708 470321 for further info or to book call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk <u>Bowling at Namco</u> Meet 10.15 outside MacDonalds for 10.30am start for bowling at The Brewery. Bowling and tea/coffee £6. Email or phone Ruth & Nat by Friday before to let them know you are going. REGULAR EVENT Normally EVERY FIRST TUESDAY OF MONTH If this is your first game then Contact Di's Diamonds beforehand: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk Cinema Vue 13:30 pm – if you fancy catching a film in the afternoon –call to put in contact with fellow diamonds Di's Diamonds beforehand: 07724 508967 or 07375 704448 and join Film Club email group or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk Karaoke 8pm Free to go there. Good music and chance to dance. Meet & Greet Host Diana at Rafa Club Carlton Road, Romford RM2 5AA For information or book call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
<p>Wednesday 4th December</p>	<p>Regular Every 1st Wednesday of the month <u>Coffee Meet</u> 10:00 -12:00 noon at Café Terra The Mercury Mall Gardens RM1 3EE. Are you new to the area/recently got more time on your hands/looking to join a new club – or just plain curious about Dis Diamonds. Then drop in and find out what DisDiamonds are up to this month & meet with Fiona. Alternatively just pop a long to book activities or meet up with your fellow members. To book or for further information call or email Di's Diamonds : 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk Why not take the opportunity of staying afterwards for lunch or perhaps catching a film at local cinema Premiere £4 or Vue £5. Or why not visit Romford Market and Shopping Centre or try the Friendly Tea Dance. Art Appreciation Workshop 13:30–15:30 contact Havering Museum 19-21 High Street, Romford, RM1 1JU 01708 766 571 must book & pay beforehand £5 direct to museum www.haveringmuseum.org.uk. email info@haveringmuseum.org.uk Why not arrange to meet for lunch beforehand with fellow Diamonds call or email:07724 508967 /07375 704448 or 02082206000 (Mon-Fri 9am-3pm) disdiamonds@ageukrbh.org.uk</p>

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<p>Thursday 5th December</p>	<p><u>Irish Dancing</u> 1.30pm Durning Hall, Earlham Grove E7 9AB (020 3740 8100) £3 including tea & cake. Enjoy a friendly afternoon of Irish music, singing & dancing. Every first Thursday of the month. Meet at Romford station at 12.15 to go to Forest Gate station. Exit station, turn right and take first turning on right. Please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
<p>Saturday 9th December</p>	<p><u>Langton Christmas Market</u>-10 am to 3pm free event. Billet Lane RM11 1XJ Tel 01708 434149. Support local charities, crafts and local businesses Tel 01708 434149. Please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk to meet up with fellow Diamonds or arrange via coffee mornings.</p> <p>Lunch at Pipe Major -1 Yew Tree Avenue Dagenham Rm10 7XS 02033700981. Meet your Host & Greeter Laurie at 12:30- need to book via call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
<p>Monday 9th December</p>	<p>REGULAR EVENT EVERY SECOND MONDAY OF MONTH</p> <p><u>Coffee Morning</u> 10-12 noon. Havering Volunteer Centre, 32-34, High St, Romford RM1 1HR –New to area find out what is happening or want to meet up with fellow Diamonds for a chat. Meet with Kim & find out what DisDiamonds are up to this month- book trips & have a chat – wheelchair friendly environment. For information call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p> <p><u>Diamond Geezers Christmas Gathering</u> all invited to 3.30-5pm Tesco's Community Room, Tesco Roneo Corner RM11 1PY. For information call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
<p>Tuesday 10th December</p>	<p>Eastbury Manor - Age UK Redbridge, Barking & Havering is inviting you to attend Di's Diamonds and Geezers Service Launch -Tuesday 10th December, 1:00pm-3:00pm Eastbury Manor House, Eastbury Square, Barking, IG11 9SN .Join us at this wonderful National Trust Tudor building for free tea, coffee, music and cake and to find out more about the history of the place. Get an overview of our services as we expand our successful Di's Diamonds Social Network of Older People to Barking and Dagenham and Redbridge residents. Booking essential. Please note the event will be followed by our Annual General Meeting at 3:00pm. call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>

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Wednesday 11 th December	<u>Tea & Tech.</u> Free event – find out how to avoid scammers. Police, Bank staff & AGE UK on hand to advice. Drop in anytime between 10 and 2pm at Barclays Bank Romford – South Street RM1 1RH. For further information call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk
Thursday 12 th December	<u>St Albans Trip cancelled to be rescheduled for 2020</u> *new trip booked for Wed 18 th Thurrock Garden Centre <u>Fun and social afternoon</u> 12-3pm RAFA club, Carlton Road, Romford RM2 5AA. Meet & Greet by Diana. They have a pool table, dartboard (if able please bring your own darts or cards or board games) bar & outside garden. Meals cost £5 sandwiches £2. If you wish to attend call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk –for catering reasons
Friday 13 th December	<u>Tasty Treats Special Christmas coffee morning</u> 10-12:30 at St Albans Hall, Ullswater Way RM12 5LA. In aid of First Steps. Just turn up or call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk
Sunday 15 th December	<u>RAFA Spectacular Charity Event.</u> Carlton Road, Romford RM2 5AA 11am until 11pm lots of family activities, food & great music. Pop in anytime and enjoy activities. For information see RAFA website or call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk .
Monday 16 th December	REGULAR EVENT THIRD MONDAY OF MONTH <u>Coffee morning</u> 10am-12noon at Queens Theatre Hornchurch RM11 1QT Meet on the left by the stage. Hosted by Angie. For information call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (9am-3pm) disdiamonds@ageukrbh.org.uk <u>U3A Dagenham</u> talk at 1:00pm Dagenham & Redbridge Football Club, Victoria Road, and Dagenham. U3A gives you the opportunity to live life to the full, make new friends, develop your interests and enjoy yourself. For more details contact Christina on 0208 599 7616
Tuesday 17 th December	<u>Christmas Lunch at Railway Pub Hotel</u> Hornchurch –Station Lane Rm12 6SB 017108 440028. £18.50 for 3 course lunch must be pre booked and paid. Come and join fellow diamonds to celebrate. Meet 12:30. Host & greeters Fiona & Kim. For information or book call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk

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<p>Wednesday 18th December</p>	<p>** Thurrock Garden Centre ** last minute trip. Chance to get presents, plants and lunch</p> <p>Meet Sheila at Romford Bus Stop 10:30 Ruth at 10:40 Hornchurch Bus stop –we will travel via 370 bus – no charge with Freedom Pass. please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p> <p>Open Day Hornchurch Sports Centre - Sport for Confidence free taster sessions – meet Fiona in Sports Hall 1pm</p> <p>Hornchurch Sports Centre Harrow Lodge , Hornchurch Road Rm11 1JU please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
<p>Thursday 19th December</p>	<p><u>Royal Albert Hall Carol Concert</u>–join friends at 11:30. Please ensure you advise which station you will be joining the group –Romford or Elm Park or meeting at Hall. There are a limited number of tickets still available for £5 please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
<p>Friday 20th December</p>	<p><u>Fish n Chips</u>– JJ Moons Hornchurch RM12 4UN tel 01708 478410. Meet your fellow diamonds at reserved table at Noon. To reserve a place please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
<p>Tuesday 31st December</p>	<p><u>Drill Pub New Year's Eve</u> Live music with sensation band "The Craic" and resident dj. Tickets £10 available from the bar. - 400 Brentwood Road Romford RM2 5TD 01708 442692. To meet up with other Diamonds call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
<p>Christmas Break</p>	<p><u>We wish all our readers and members a lovely Christmas and look forward to see you all in the New Year</u></p> <p><u>Please note that due to the Christmas Break the office will be closed from Tuesday 24th December until January 2nd – no emails will be answered during that period</u></p> <p><u>Your emails will be answered upon our return</u></p> <p><u>Use this time to reflect on trips you would like to see in the New Year</u></p>

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<p>Christmas Break</p>	<p>The following activities will closed during December- but will be back in January</p> <p><u>Meeting Place Coffee Morning every 4th Monday</u>– new venue 10-12 coffee meet & chat Romford Baptist Church Main Road RM1 3BL Meet & Greeter Host Kim for further info please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p> <p><u>Coffee Morning Romford</u> every last Thursday of the month 10-12 noon The Moon & Stars 99-103 South St, Romford RM1 1NX. –meet & Greeter Fiona. For further info please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p>
<p>Events Locally</p>	<p>Please contact the organisations directly beforehand to ensure taking place. No responsibility taken for any events listed. Please contact disdiamonds@ageukrbh.org.uk if you want to list or de-list an event</p>
<p>Regular Event every Monday</p>	<p><u>Silver Links Project</u> A friendly and welcoming social club promoting a range of recreational activities including card making, sewing, knitting, music, art & crafts. 9.30am-1.30pm at Salvation Army, High Street, Romford RM1 1JJ. Contact Martie van Deventer 01708 440193 or 07590 469174 or email: martie0707@btinternet.com. EVERY MONDAY EXCEPT BANK HOLIDAYS</p>
<p>Regular Monthly Event</p>	<p><u>Roding Quilters Meeting</u> Tuesday 12th December then Meeting every Second Tuesday of each month at St Mary's Church and Church Rooms, High Road, Chigwell. Meetings start at 7.30pm and finish at 9.30pm. Refreshments are served. Visitors are very welcome to attend and their fee is £3 per meeting. Annual membership is £25 per year plus a charge of £1 for each meeting attended. Please email Caroline Purcell at 2014carpu@gmail.com or call on 07742 743 980 for further info</p>
<p>Regular Event every Friday</p>	<p>Afternoon 50+ games club Hornchurch Library. Every Friday 2-4pm. Come and meet new friends play cards, chess, draughts and other board games. Entry is £1.50 includes tea/coffee & cake. Please check your local library for events.</p>
<p>Havering Walks</p>	<p>Thames Chase Forest Centre Visit Thames Chase Forest Visitor Centre and find out about walks -The Forest Centre, Pike Lane, Upminster, Essex, RM14 3NS Phone: 01708 642970 www.thameschase.org.uk</p> <p>Also regular events including Craft fair and markets</p>
<p>Havering Museum Exhibitions and displays</p>	<p>Havering Museum 19-21 High Street, Romford, RM1 1JU 01708 766 571 Variety of exhibitions & talks held www.haveringmuseum.org.uk info@haveringmuseum.org.uk open Wed to Sat 11:00- 17:00 last entry 16:00 must book & pay beforehand</p>

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<p>Local Theatres – Regular events</p>	<p>Brookside Theatre 21A Eastern Avenue, Romford RM11 1QT. Box Office 01708 755775 Brooksidetheatre.com General Enquiries info@brooksidetheatre.com Queens Theatre Hornchurch, Billet Lane, Hornchurch RM11 1QT Box Office 01708 443333 queens-theatre.co.uk General Enquiries info@queens-theatre.co.uk The Broadway Broadway, Barking Essex IG11 7LS 0208 507 5607 www.thebroadwaybarking.com general enquiries boxoffice@thebroadwaybarking.com</p>
<p>Romford Market</p>	<p>Pop along to your local market Wed /Fri/ Sat –for events see Havering.gov.uk/marketevents</p>
<p>Redbridge Music</p>	<p>Redbridge Music Lounge sessions for all musicians, composers and songwriters meet regularly on alternative dates on Wednesday & Thursday 12:30 -16:30 at the Cranbrook Centre in Valentines Park nearest entrance Melbourne Gate Melbourne Road Ilford IG1 4SB for directions see www.cranbrookcentre.london for further info contact Christopher Wyatt criswyatt@aol.com</p>
<p>Everyone Active Sports</p>	<p>Men's Walking Football sessions, Tuesdays 10.30am – 12noon, £5.20, Hornchurch Sports Centre, Harrow Lodge Park, Hornchurch Road, Hornchurch, RM11 1JU, 01708 454135. Thought your footballing days were over? Think again! Women's Walking Netball sessions, Mondays 11.30am-12.30pm, £3.50, Hornchurch Sports Centre, Harrow Lodge Park, Hornchurch Road, Hornchurch, RM11 1JU, Run in partnership with England Netball, for info or to book a place phone Lucy on 07854 090628 or lucy.hantson@englandnetball.co.uk</p> <p>Women's Walking Netball sessions, Wednesdays, 7.30-8.30pm, £3.50, Noak Hill Sports Complex, Noak Hill Road, Romford RM3 7YA, run in partnership with England Netball, to book a place phone the centre on 03330 050448</p> <p>Free swimming for Havering residents over 50 years old at certain times at Hornchurch Sports Centre (01708 454135) and Central Park Leisure Centre (01708 382820) Everyone Active Referral Scheme, offering support and advice for Havering residents with low to medium risk medical conditions including diabetes, depression, obesity, overweight and high blood pressure. Referral is via your GP or practice nurse. Please note there is a cost to exercise sessions. For more information about the scheme contact 01708 463190</p>
<p>Keep Fit Havering</p>	<p>Ardleigh House Community Association Keep-Fit Class every Tuesday afternoon at 1.00pm is a great low impact class, exercise at your own pace, with a lot of emphasis on Balance and Stability, and strengthening core. This class is aimed at people in their 50?s+ We are a great friendly bunch of people who exercise but also have fun, we don't take it too serious. As we get older it's more important than ever to use our joints/muscles, the old saying! Use it don't lose it! Please come along and give us a try, your first session is free! For more information contact Charlotte 01708 440660 Sam 07717 317598 Ardleigh House Community Association 01708-440660 www.ardleighhouse.org</p>