

Di's Diamonds – February 2020

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 -Weekly club for men</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 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 Based Yoga</u> 1.45- 2.24 HASWA Greenfields, Kilmartin Way Elm Park Rm12 5NB Tai Chi – 1-2pm Cranham community Centre (Havering) 115a Marlborough Gardens, Upminster RM14 1SR Tai Chi- 3-4 My Place Community Centre -343 Dagnam Park Drive Harold Hill RM3 9EN all Cost £3 per session please prebook by ringing us on 0208 220 6000 or email lorraine.barfoot@ageukrbh.org.uk <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 <u>Chair based Yoga</u> – Eastern Road Baptist Church (B&D) East road Chadwell Heath RM6 6YJ 2 -3pm Cost £3 per session please prebook by ringing us on 0208 220 6000 or email lorraine.barfoot@ageukrbh.org.uk <u>Variety of chair based classes</u> including Music movement and Dance at Ilford Library Clements Road IG1 1EA contact Jasbir.jheeta@ageukrbh.org.uk 0208220 6000</p> |
| Weekly exercise classes | <p>See our full list of exercise classes available to find one near you –contact 0208 220 6000 or ask at coffee morning</p> |

Di's Diamonds – February 2020

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.

| | |
|--|--|
| <p>Monday 3rd February</p> | <p><u>New Lunch Club Redbridge College : Rouge Restaurant</u> 12.30pm Meet your host Terry for a delicious lunch cooked by the professional chefs in training at Redbridge college. Find the menu on the website here: www.ncclondon.ac.uk/rouge starters /deserts from £2 and main course from £5 Please book a place via phone or email Di's Diamonds: 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p> |
| <p>Tuesday 4th February</p> | <p><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 <u>New Coffee Morning and lunch at Crowlands Heath Golf Club.</u> 11.00-1.00pm Wood Lane, Dagenham, Essex, RM8 1JX. Come and have a coffee at the golf club followed by lunch in the café or even have a go on the driving range afterwards. Host & Greeter Kate More info at: www.crowlandsheath.co.uk or call 020 8984 7373 <u>Karaoke</u> 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 <u>Charity Quiz & Evening Meal at Tandoori Cranham</u> – £20 per head 3 course meal 2 glasses of wine, coffee & mints proceeds to the Not Forgotten - Meet & Greet Host Shirley. For information or book call or email Di's Diamonds: 07724 508967 or 07375 704448 or 0208220 6000 (Mon-Fri9am-3pm)disdiamonds@ageukrbh.org.uk</p> |
| <p>Wednesday 5th February</p> | <p><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 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 <u>Friendly Dance</u> 13.30pm 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. No need to bring a partner. Greet & Meet Host Kathy. Please Book via dazzledancecentre.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> |

Di's Diamonds – February 2020

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.

| | |
|-------------------------------------|--|
| Thursday 6th February | <p><u>Irish Dancing</u> 12.15pm 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> |
| Friday 7 th February | <p><u>Postal Museum trip.</u> Meet Host and Greeter Laurie at Romford station 10am. Tickets from £16. Find out more about the postal museum here: www.postalmuseum.org or call 0300 0300 700 15-20 Phoenix Place, London, WC1X 0DL Please contact Di's Diamonds to book your place: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p> |
| Monday 10 th February | <p>REGULAR EVENT EVERY SECOND MONDAY OF MONTH <u>Coffee Morning</u> 10-12 noon. Crumbs 25 Quadrant Arcade Romford Essex RM1 3ED (opposite Pie & Mash Shop). ** Note new venue ** 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> |
| Wednesday 12 th February | <p><u>New Ilford Coffee Morning</u> 10-12 noon. The Great Spoon of Ilford 114 Cranbrook Road Ilford IG1 4LZ ** Note new coffee morning ** Plain curious want to find out what is happening in Ilford, Barking & Dagenham. Everyone welcome. Meet Kate your new co-ordinator for Ilford, Barking & Dagenham. Discover what fellow 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) Get an overview of our services as we expand our successful Di's Diamonds Social Network of Over 50s to Barking and Dagenham and Redbridge residents. Open to all.</p> <p><u>Cocktail Chat Afternoon-</u> time to celebrate Birthdays / New Decade. Or just come along to share a cocktail with friends. 2pm onwards. Meet host and greeter Sheila & Laurie at Moon and Stars 99-103 South St, Romford RM1 1NX. (Other drinks are also available from the bar). Prices start from £1.50 for soft drinks Cocktails from £3</p> |

Di's Diamonds – February 2020

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.

| | |
|---|---|
| <p>Thursday 13th February</p> | <p><u>Valence House Museum</u> coffee morning and visit– meet your host Kate at Chadwell Heath Station 10.30am. Take bus 62 from Chadwell Heath to Becontree Avenue. Come and have a coffee at the Oasis Tearoom followed by a walk around Museum see local history collection at Valence House Museum, Becontree Avenue, Dagenham, RM8 3HT www.valencehousecollections.co.uk or call 020 8227 2034 free admission Please contact Di's Diamonds to book your place: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p> |
| <p>Saturday 15th February</p> | <p><u>Pipe Major Lunch</u> -1 Yew Tree Avenue Dagenham Rm10 7XS 02033700981. Meet your Host & Greeter Sheila 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 17th February</p> | <p>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</p> |
| <p>Tuesday 18th February</p> | <p><u>Kew Gardens to visit Orchids</u> – meet host & greeter Rene at 10:00 Elm Park station for chance to wander around Orchid exhibition- cost approximately £16. Please book by calling or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (9am-3pm) disdiamonds@ageukrbh.org.uk</p> |
| <p>Wednesday 19th February</p> | <p><u>Friendly Dance</u> 1.30pm 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. No Need to bring a partner. Book via dazzledancecentre.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> |

Di's Diamonds – February 2020

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.

| | |
|---|--|
| <p>Thursday 20th February</p> | <p><u>Walk at Wanstead Park</u> Hosted by Kate, Khim and Mimi. Join us for a guided 60 minute walk around Wanstead Park for an hour and why not take advantage of one of the many cafés in Wanstead to have lunch afterwards? Meet 11am at the Park Entrance on Warren Road. call 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk <u>Fun and social afternoon</u> 12-3pm RAFA club, Carlton Road, Romford RM2 5AA. Meet & Greet by Diana. Pool table, dartboard (if able please bring your own darts) or own 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 <u>More info available at www.rafaclubromford.co.uk or call 01708 746602</u></p> |
| <p>Saturday 22nd February</p> | <p><u>Chinese at Mandarin Palace.</u> Special set lunch £15.50. Meet and Greet Host Ruth 12:30 at restaurant 197 High Street Hornchurch Essex RM11 3XT. Call restaurant on 01708 437951 for food and further information. To book or for further information call or email Di's Diamonds: 07375 704448 or 020 8220 6000 (Mon-Fri 9am-3pm) disdiamonds@ageukrbh.org.uk Contact Di's Diamonds to book : 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk</p> |
| <p>Thursday 24th February</p> | <p>Meeting Place Coffee Morning every 4th Monday– 10-noon coffee meet & chat Romford Baptist Church Main Road RM1 3BL Meet and Greeter 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>Wednesday 26th February</p> | <p>Walk in St James' Park Meet your host and walk leader Linda for a walk around St James' park and lake Meet at Romford station 10am – Stroll around the park and lake. For further info and to book 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 27th February</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 <u>Romford Dogs Lunch & Racing</u> - Coral Romford Greyhound Stadium, London Road, Romford, Essex, RM7 9DU Meet & Greet Host Renee at 12:30 Bus stop outside Romford Greyhound Stadium. £15 Lunch in restaurant includes admission to race To Book please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020</p> |

Di's Diamonds – February 2020

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.

| | |
|--|---|
| <p>Thursday 27th February</p> | <p>8220 6000 (Monday-Friday 9am-3pm) disdiamonds@ageukrbh.org.uk – note can also to arrange to meet Host Rene at Moon & Stars at 12.00pm or alternatively at Greyhound Stadium at 12.30pm. More info www.romfordgreyhoundstadium.co.uk or call 01708 773444. Note £15 must be paid in advance by Thursday 27th February in order to reserve place.</p> <p><u>Creative Coffee 14.00-16.00</u> City Gates Church 25 – 29 Clements Road, Ilford, IG1 1BH No need to book. Come along to City Gates in the afternoon for a cup of tea and a chat, try out some adult colouring or bring along your knitting and get inspired to create!</p> |
| <p>Friday 28th February</p> | <p><u>Tasty Treats</u>. 10-12:30 at First Steps Tangmere Crescent in Hornchurch Hornchurch RM12 5PP charity fund raising in aid of First Steps Charity 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</p> |
| <p>Saturday 29th February</p> | <p><u>Leap Year Pub Meet Moon & Stars, Romford</u>. 99-103 South Street, London RM1 1NX Meet your host Laurie & Sheila anytime between 10:30 and 12:30 to toast the extra day in February!</p> |
| <p>Future Coach Trips</p> | <p>3rd April two Centre day out 1st to Perrywood at Tiptree then on to Clacton £15pp Suncliffe Hotel Bournemouth 20th -24th April includes return coach trip, BB & evening meal en-suite rooms with tv and hospitality tray, live entertainment, two full day excursions (admissions extra). Cost of holiday £12 per person for two people in a room or £324 for single occupancy Deposit is £15 27th April Hever Castle Tulip celebration £28pp including entrance to castle and gardens 12th May Canterbury and Cathedral £15pp 27th June Margate £15pp Hotel Norfolk Weymouth 12th to 16th October Includes return coach travel. BB and evening meal en-suite with TV and hospitality tray, live entertainment two full day excursions (admissions extra) £265 pp for 2 persons in a room or £280 for single occupancy. Deposit of £35 Please book early to guarantee seat – day trips provided by EPHG. For further info contact Trevor on 07771741948 pickup from Tesco Elm Park at 9am <u>can offer Queens Hornchurch –please mention Dis Diamonds</u></p> |

Di's Diamonds – February 2020

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.

| | |
|--|---|
| Events Locally | 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 |
| Regular Event every Monday | Silver Links Project A friendly and welcoming social club promoting a range of recreational activities including card making, sewing, knitting, music, art & crafts. 10:00-1.00pm 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 |
| Regular Event every Thursday | Silver Links Project A friendly and welcoming social club promoting a range of recreational activities including card making, sewing, knitting, music, art & crafts. 10:00-1.00pm at Royals Youth Centre Rainham Viking Way RM13 9YG. Contact Martie van Deventer 01708 440193 or 07590 469174 or email: martie0707@btinternet.com . EVERY Thursday EXCEPT BANK HOLIDAYS |
| Regular Event every Friday | 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 other events. |
| Havering Walks | Regular Walks in Havering parks see Haveringactive.co.uk Also visit 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 regular events including Craft fair and markets held in Thames Chase Forest Centre |
| Havering Museum Talks | Havering Museum 19-21 High Street, Romford, RM1 1JU 01708 766 571 Lunchtime activities held throughout 1.00pm £5 Wednesday 5 th February Art Appreciation -Picasso Saturday 8 th February – ‘A Walk Down the Strand’ Rest your feet with this wonderful virtual walk taking in the sights and history from Trafalgar Square, the Strand, Aldwych and returning along the Thames. Wednesday 26 th February – ‘Royal Naval College and the Painted Hall’ Discover the 500 year history of the Old Royal Naval College, the magnificent Painted Hall and the baroque ceiling mural. Saturday 29 th February – ‘The History of Comics’ Jason Rutland, of <i>Comic Book Heroes</i> explores the history of American and British comics from the early 1920s onwards and the introduction of super heroes. www.haveringmuseum.org.uk info@haveringmuseum.org.uk open Wed to Sat 11:00- 17:00 last entry 16:00 |
| Local Theatres – Regular events | 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 |

Di's Diamonds – February 2020

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.

| | |
|--------------------------------------|--|
| <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>Sport for Confidence_Boccia Wednesdays 1.00-2.00pm, Multi-sports Wednesdays 2.30-3.30pm, Football Fridays 1.30pm-2.30pm £3/session Come along and try something different, meet new friends and learn new skills. This programme is developed in partnership with an allied health professional and coaching team, who aim to break down barriers to participation and improve individuals' health and wellbeing through inclusive sport.</p> <p>Hornchurch Sports Centre, Harrow Lodge Park, Hornchurch Road, Hornchurch, RM11 1JU For more info contact Sophie Garratt on 07394 564941 or sophie@sportforconfidence.com</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> |

Di's Diamonds – February 2020

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.

| | |
|--|--|
| REDBRIDGE | |
| Redbridge Music | 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 |
| Sewing Group | One Tuesday a month (Tuesday 4th February, Tuesday 3rd March, Tuesday 28th April) 10.00-11.00am Woodford Green Library, Snakes lane West, near to Woodford Green Tube station. The stitchery is a free sewing group for all locals in Woodford Green who enjoy sewing. They run a daytime group where there is no need to book, just bring along your latest sewing project you are working on. Whether its crochet, knitting, hand sewing or cross stitch, and enjoy a friendly chat. Tj or Hannah will be there to welcome you. |
| Reminiscence/ memory session | Reminiscence, poetry, stories and more. Join us at our monthly reminiscence session. Meet other people and share your memories of the past over a cup of tea or coffee. Each session is on a different theme. Enjoy looking at pictures and objects from our heritage collection to prompt the discussion. All welcome. Free, just turn up. Gants Hill Library: First Wednesday of every month, 2pm to 3pm Redbridge Library: Second Monday of Every month, 2pm to 3.30pm |
| Redbridge Regular Monthly Event | <u>Roding Quilters Meeting</u> Tuesday 11 th February 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 |
| Theatre | Kenneth Moore Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT. Regular shows and The Good Company Film Club (£5) See visionrcl.org.uk/centre/kenneth-more-theatre General enquires 0208 708 8803 |

Di's Diamonds – February 2020

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.

| | |
|--|---|
| BARKING & DAGENHAM | |
| Knit and Natter | <p>Weekly group meeting to knit natter and socialise. Come along and learn to knit at this friendly group. Adults18+ Free Weekly Session - No Booking Required. Can sign in 15 minutes before the session starts. For any queries, please contact the Library or the Children's Centre.</p> <p>It takes place at various locations around the borough: Valence Library : 10 am - 12 pm, Every Monday Marks Gate Community Centre - 0208 270 6091 : 10 am - 12 pm, Every Tuesday & 2 pm - 4 pm, Every Wednesday Dagenham Library : 1.30 pm - 3.30 pm, Every Wednesday</p> |
| Gardening & Wellbeing Session | <p>Located in the beautiful and calm surroundings of Valence House Gardens, come and join us for a little gardening and some good company. You do not have to be green fingered to take part as all abilities are welcome! No booking required! Drop-in session. All age groups are welcome. Wednesdays 11:45am – 2:00pm Valence House Garden, Becontree Avenue, Dagenham RM10 7DX To find out more, please contact: Healthy Lifestyles team 0208 724 8018 Email: healthy.lifestyles@lbbd.gov.uk</p> |
| Singing Collective | <p>Weekly open classes – No experience necessary</p> <p>Tuesdays, 6-8pm, Studio 3 Arts, Unit 46, Vicarage Field shopping Centre, Barking, IG11 8DQ</p> |
| Theatre | <p>The Broadway, Barking Essex IG11 7LS 0208 507 5607 www.thebroadwaybarking.com general enquiries boxoffice@thebroadwaybarking.com</p> |