

### Di's Diamonds – March 2020

Contact [Disdiamonds@ageukrbh.org.uk](mailto: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.**

	<b>Di's Diamonds Events</b>
<b>REGULAR EVENTS EVERY MONDAY</b>	<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: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a> -Weekly club for men</p>
<b>REGULAR EVENT EVERY TUESDAY</b>	<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 <a href="mailto:lorraine.barfoot@ageukrbh.org.uk">lorraine.barfoot@ageukrbh.org.uk</a> -see additional list for other classes available across all 3 boroughs.</p>
<b>REGULAR EVENT EVERY WEDNESDAY</b>	<p><u>Weekly Chair Based Yoga</u> 1.45- 2.24 HASWA Greenfields, Kilmartin Way Elm Park Rm12 5NB</p> <p>Tai Chi – 1-2pm Cranham community Centre (Havering) 115a Marlborough Gardens, Upminster RM14 1SR</p> <p>Tai Chi- 3-4 My Place Community Centre -343 Dagnam Park Drive Harold Hill RM3 9EN</p> <p>all Cost £3 per session please prebook by ringing us on 0208 220 6000 or email <a href="mailto:lorraine.barfoot@ageukrbh.org.uk">lorraine.barfoot@ageukrbh.org.uk</a></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. For more info ring St Josephs Church on 01708 222432</p>
<b>REGULAR EVENT EVERY THURSDAY</b>	<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 &amp; biscuit.</p> <p><b>First session must be pre booked</b> via email Di's Diamonds: 07375 <b>704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></p> <p><u>Chair based Yoga</u> – Eastern Road Baptist Church (B&amp;D) East road Chadwell Heath RM6 6YJ 2 -3pm Cost £3 per session please prebook by ringing us on 0208 220 6000 or email <a href="mailto:lorraine.barfoot@ageukrbh.org.uk">lorraine.barfoot@ageukrbh.org.uk</a></p> <p><u>Variety of chair based classes</u> including Music movement and Dance at Ilford Library Clements Road IG1 1EA contact <a href="mailto:Jasbir.jheeta@ageukrbh.org.uk">Jasbir.jheeta@ageukrbh.org.uk</a> 0208220 6000</p>
<b>Weekly exercise classes</b>	<p>See our full list of exercise classes available to find one near you –contact 0208 220 6000 or ask at coffee morning</p>

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Monday 2 <sup>nd</sup> March	<p><u>Lunch Club Redbridge College : Rouge Restaurant</u> 12.30pm Meet your host and greeter Terry for a delicious lunch cooked by the professional chefs in training at New City College (Redbridge). Rouge Restaurant, New City College (Redbridge Campus), Chadwell Heath Lane, RM6 4XT. Find the menu on the website here: <a href="http://www.ncclondon.ac.uk/rouge">www.ncclondon.ac.uk/rouge</a> or telephone 0208 548 7441 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) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></p>
Tuesday 3 <sup>rd</sup> March	<p><u>Bowling at Namco Meet</u> 10.15 outside MacDonaldis for 10.30am start for bowling at The Brewery. Bowling and tea/coffee £6. Email or phone Ruth &amp; Nat by Friday before to let them know you are going. <b>REGULAR EVENT Normally EVERY FIRST TUESDAY OF MONTH If this is your first game then</b> <b>Contact</b> Di's Diamonds beforehand: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a> <u>Karaoke at the Rafa Club</u> Carlton Road, Romford RM2 5AA. Starts 8pm onwards. Free to go there. Good and chance to dance. Meet &amp; Greet Host Diana For information or book call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></p>
Wednesday 4 <sup>th</sup> March	<p><u>Coffee Meet</u> 10:00 -12:00 noon at Café Terra The Mercury Mall Gardens RM1 3EE. Wheel chair friendly. 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 &amp; 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</p>
Thursday 5 <sup>th</sup> March	<p><u>Irish Dancing</u> Durning Hall, Earlham Grove E7 9AB (020 3740 8100) £3 including tea &amp; cake. Enjoy a friendly afternoon of Irish music, singing &amp; 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) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></p>
Friday 6 <sup>th</sup> March	<p>Cars Exhibition at Victoria &amp; Albert Museum- free ticket to exhibition or chance to see other collections at museum. Meet your host and greeter Trevor at 10:00 Elm Park Station – alternative meeting place on route can be arranged by prior agreement if coming from Redbridge or Barking &amp; Dagenham. To book call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></p>

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<p>Saturday 7<sup>th</sup> March</p>	<p><u>Chelmsford Day trip</u> –meet your host &amp; greeter Sheila at Romford bus stop V which is near station to catch 498 to Chelmsford. Chance for retail therapy, visit a museum or cathedral or lunch. To book Please call or email Di's Diamonds: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></p> <p><u>Valentine's Mansion Orchid Society of Great Britain's Spring Show</u></p> <p>Meet host Kate 11am at Valentine's Mansion for a wander round the orchid show followed by lunch in Valentine's Park. Meet at Gant's Hill end entrance of Emerson Rd. Emerson Road, Ilford IG1 4XA. Tel 0208 708 8100. £3 for tickets (book in advance online here: <a href="https://www.osgb.org.uk/event-details/osgb-spring-show">https://www.osgb.org.uk/event-details/osgb-spring-show</a>). With competitive displays, stalls to purchase orchids from all over the worlds and lots of advice from experts in the field - a must for plant and flower lovers.</p> <p>More information online <a href="http://www.valentinesmansion.com">www.valentinesmansion.com</a> For information call or email Di's Diamonds: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></p>
<p>Monday 9<sup>th</sup> March</p>	<p><b>REGULAR EVENT EVERY SECOND MONDAY OF MONTH</b></p> <p><u>Coffee Morning</u> 10-12 noon. Crumbz 25 Quadrant Arcade Romford Essex RM1 3ED (opposite Pie &amp; Mash Shop). New to area find out what is happening or want to meet up with fellow Diamonds for a chat. Meet with Kim &amp; find out what DisDiamonds are up to this month- book trips &amp; have a chat – wheelchair friendly environment. For information call or email Di's Diamonds: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></p>
<p>Wednesday 11<sup>th</sup> March</p>	<p><u>Ilford Coffee Morning</u> 10-12 noon. The Great Spoon of Ilford 114 Cranbrook Road Ilford IG1 4LZ. Want to find out what is happening in Ilford, Barking &amp; Dagenham. Everyone welcome. Meet Kate your new co-ordinator for Ilford, Barking &amp; Dagenham. Discover what fellow DisDiamonds are up to this month- book trips &amp; have a chat – wheelchair friendly environment. For information call or email Di's Diamonds: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (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 Renee at Moon and Stars 99-103 South St, Romford RM1 1NX. Tel 01708 730117 (Other drinks are also available from the bar). Prices start from £1.50 for soft drinks Cocktails from £3. For information call or email Di's Diamonds: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b></p>

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	(Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a>
Thursday 12 <sup>th</sup> March	<u>Reminiscence Session at Redbridge Museum and Heritage Centre</u> . 11am-12pm Did you grow up in or around Redbridge or East London? Come and join us for a morning of reminiscence on the subject of food led by Development Librarian Sue Page. Meet in the Heritage Centre on 2 <sup>nd</sup> floor. –Free session Redbridge Heritage Centre, 2nd Floor, Redbridge Central Library, Clements Road, Ilford, IG1 1EA For more information or to book please contact Di's Diamonds on 020 8220 6000 or email <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a>
Friday 13 <sup>th</sup> March	<u>Dagenham Golf Club Lunch</u> at Crowlands Heath Golf Club. Wood Lane, Dagenham, Essex, RM8 1JX. <a href="http://www.crowlandsheath.co.uk">www.crowlandsheath.co.uk</a> or call 020 8984 7373. Meet Host and Greeter Sheila at 12:30 in the café. Perhaps stay for a game on the driving range afterwards. For information or book call or email Di's Diamonds: <b>07724 508967/ 07375 704448</b> or <b>020 8220 6000</b> (Mon-Fri 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a>
Monday 16 <sup>th</sup> March	<b>REGULAR EVENT THIRD MONDAY OF MONTH</b> <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: <b>07724 508967 or 07375 704448 or 020 8220 6000 (9am-3pm)</b> <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a> <u>Afternoon Vintage Tea</u> at RAFA club, Carlton Road, Romford RM2 5AA. Meet & Greet Kath at noon. £5.50 for sandwiches, scones and cakes –music and Game of Bingo. Book 07951 159478. Meet up with fellow diamonds call or email Di's Diamonds: <b>07724 508967 or 07375 704448 or 020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a> <u>More info available at <a href="http://www.rafaclubromford.co.uk">www.rafaclubromford.co.uk</a> or call 01708 746602</u> <u>U3A Dagenham</u> talk on modern slavery by Juanita Headley from the Medaille Trust starts 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. More details contact Christina on 0208 599 7616
Tuesday 17 <sup>th</sup> March	<u>New Meet for Coffee at Crowlands Heath Golf Club</u> . 10am to noon Wood Lane, Dagenham, Essex, RM8 1JX. Come and have coffee and a chat at the golf club in the café. Perhaps stay for lunch or even have a go on the driving range afterwards. Meet your Host & Greeter Kate For information or book call or email Di's Diamonds: <b>07724 508967/ 07375 704448</b> or <b>020 8220 6000</b> (Mon-Fri9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a> More info at: <a href="http://www.crowlandsheath.co.uk">www.crowlandsheath.co.uk</a> or call 020 8984 7373 <u>Lunch at Windmill Pub</u> Meet and Greet Host Ruth at 12:30. 167 Upminster Road, Upminster RM14 2RB lunches from £6.99 for 2 courses or £7.99 for 3 courses. Call restaurant on 01708 442657 for food and further

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Wednesday 18 <sup>th</sup> March	Kimono Exhibition at Victoria & Albert Museum- free ticket to exhibition or chance to see other collections at museum. Meet your host and greeter Linda at 10:45 Romford Station – alternative meeting place on route can be arranged by prior agreement if coming from Redbridge or Barking & Dagenham. To book call or email Di's Diamonds: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a>
Thursday 19 <sup>th</sup> March	<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 <a href="http://www.rafaclubromford.co.uk">www.rafaclubromford.co.uk</a> or <a href="tel:01708746602">call 01708 746602</a> Meals cost £5 sandwiches £2. If you wish to attend call or email Di's Diamonds: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm)
Friday 20 <sup>th</sup> March	Fish Chips Pub Lunch –Wanstead George 155 High Street Wanstead E11 2RL -0209 989 2921 Meet your host and greeter Kate at 12:30. To book call or email Di's Diamonds: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a>
Saturday 21 <sup>st</sup> March	<u>Romford Harvester Lunch</u> 12:30 pm. Meet Host & greeter Laurie at Unicorn Harvester 91 Main Road Romford RM2 5EL. Tel 01708 738811 For information or book call or email Di's Diamonds: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a> . Chance to walk around Rapael Park weather permitting.
Monday 23 <sup>rd</sup> March	Meeting Place Coffee Morning every 4th Monday– 10-noon coffee meet & chat Romford Baptist Church Main Road RM1 3BL.wheelchair friendly. 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) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a>
Tuesday 24 <sup>th</sup> March	Tilbury Trip and ferry. Meet and Greeter Rene at 10:30 Upminster Station. Charge of £3 to £5 for fare. Chance to ride on ferry. For further info please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a>
Wednesday 25 <sup>th</sup> March	Canal Museum and Walk. Meet Host & greeter Iris & Ruth 9:30am at Romford Station. £4.50 or £3.50 conc for museum admission. Guided Walk approximately additional £4 to £5. For more info about museum 02077130836. <a href="https://www.canalmuseum.org.uk">https://www.canalmuseum.org.uk</a> . Afterwards take a chance to explore canal side & coaldropsyard the restored railway arches, home to London's most eclectic mix of stores from established

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	names and emerging brands, alongside cafés, bars and dining spots. For information or book call or email Di's Diamonds: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a> .
Thursday 26 <sup>th</sup> March	<p><u>Coffee Morning Romford</u> every last Thursday of the month 10-12 noon The Moon &amp; Stars 99-103 South St, Romford RM1 1NX. Tel 01708 730117 –meet &amp; 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) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></p> <p><u>Creative Coffee 14.00-16.00</u> City Gates Church 25 – 29 Clements Road, Ilford, IG1 1BH</p> <p>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>Jammin – music session budding musicians &amp; singers welcome – 5pm -7pm Hornchurch Library first session-regular every Thursday Please meet your host &amp; greeter Clive. Free event For further info please call or email Di's Diamonds: 07724 508967 or 07375 704448 or 020 8220 6000 (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></p>
Friday 27 <sup>th</sup> March	<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: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a>
Tuesday 31 <sup>st</sup> March	<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 &amp; Nat by Friday before to let them know you are going.</p> <p><b>REGULAR EVENT Normally EVERY FIRST TUESDAY OF MONTH **however due to Easter Holidays April's session will be held earlier on 31<sup>st</sup> March ** If this is your first game then Contact Di's Diamonds beforehand: <b>07724 508967</b> or <b>07375 704448</b> or <b>020 8220 6000</b> (Monday-Friday 9am-3pm) <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></b></p>
Coach Trips	<p>Please book now as places going quickly –join fellow diamonds on a coach trip this spring/summer.</p> <p>All coach trips to be paid for beforehand</p> <p>3<sup>rd</sup> April two Centre day out 1<sup>st</sup> to Perrywood at Tiptree then on to Clacton £15pp</p>

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	<p>Suncliffe Hotel Bournemouth 20<sup>th</sup> -24<sup>th</sup> April includes return coach trip, BB &amp; evening meal en-suite rooms with tv and hospitality tray, live entertainment, two full day excursions (admissions extra). Cost of holiday £312 per person for two people in a room or £324 for single occupancy Deposit is £15</p> <p>27<sup>th</sup> April Hever Castle Tulip celebration £28pp including entrance to castle and gardens</p> <p>12<sup>th</sup> May Canterbury and Cathedral £15pp fee to Cathedral or museums are extra</p> <p>24<sup>th</sup> May Kent Garden Show £27 including the entrance fee</p> <p>27<sup>th</sup> June Margate £15pp</p> <p>14<sup>th</sup> July Maldon £16.50 pp</p> <p>24<sup>th</sup> July Royal Greenwich Park – for the rose garden Wernher Collection, Royal observatory, deer park. Coach will drop off and collect at top of the hill. Entrance charges excluded</p> <p>1<sup>st</sup> September RHS Wisley – Flower Show £20 pp including entrance.</p> <p>Hotel Norfolk Weymouth 12<sup>th</sup> to 16<sup>th</sup> 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</p> <p>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>
<p><b>Events Locally</b></p>	<p><b>Please contact the organisations directly beforehand to ensure taking place. No responsibility taken for any events listed. Please contact <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a> if you want to list or de-list an event</b></p>
<p><b>Regular Event every Monday</b></p>	<p><b><u>Silver Links Project</u></b> A friendly and welcoming social club promoting a range of recreational activities including card making, sewing, knitting, music, art &amp; 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</p>
<p><b>Regular Event every Thursday</b></p>	<p><b><u>Silver Links Project</u></b> A friendly and welcoming social club promoting a range of recreational activities including card making, sewing, knitting, music, art &amp; 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</p>
<p><b>Regular Event every Friday</b></p>	<p><b>Afternoon 50+ games club</b> 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 &amp; cake. <b>Please check your local library for other events.</b></p>

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<p><b>Art Club</b></p>	<p>Monthly Art club The Mercury Shopping Centre in Romford. Third Thursday of every month, starting the day with a water colour class for all abilities called the “Casual Club”, which will run from 2 o’clock until 3.30pm, this is run by us, Nigel and Gill. Relaxed club. Later on in the day from 4 o’clock until 5.30pm we run an “All Artists Club”, which is for anyone who wants to do arts and crafts, including easel work and crafts for adults and children, with a new theme every week. Contact <a href="mailto:info@themercurymall.co.uk">info@themercurymall.co.uk</a></p>
<p><b>Havering Walks</b></p>	<p>Regular Walks in Havering parks see <a href="http://Haveringactive.co.uk">Haveringactive.co.uk</a>          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 <a href="http://www.thameschase.org.uk">www.thameschase.org.uk</a>          Regular events including Craft fair and markets held in Thames Chase Forest Centre</p>
<p><b>Havering Museum Talks</b></p>	<p><b>Havering Museum</b> 19-21 High Street, Romford, RM1 1JU 01708 766 571  <b>Lunchtime activities held throughout</b> 1.00pm £5 Wednesday 4<sup>th</sup> March Art Appreciation –Urban Life -Prebook Variety Club (over 50s) fortnightly on Thursdays- see museum for full details          Monday 16<sup>th</sup> March Museum Collections &amp; Preservation 1pm £5 prebook  <a href="http://www.haveringmuseum.org.uk">www.haveringmuseum.org.uk</a> <a href="mailto:info@haveringmuseum.org.uk">info@haveringmuseum.org.uk</a> open Wed to Sat 11:00- 17:00 last entry 16:00</p>
<p><b>Local Theatres – Regular events</b></p>	<p><b>Brookside Theatre</b> 21A Eastern Avenue, Romford RM11 1QT. Box Office 01708 755775  <a href="http://Brooksidetheatre.com">Brooksidetheatre.com</a> General Enquiries <a href="mailto:info@brooksidetheatre.com">info@brooksidetheatre.com</a>  <b>Queens Theatre</b> Hornchurch, Billet Lane, Hornchurch RM11 1QT Box Office 01708 443333  <a href="http://queens-theatre.co.uk">queens-theatre.co.uk</a> General Enquiries <a href="mailto:info@queens-theatre.co.uk">info@queens-theatre.co.uk</a></p>
<p><b>Keep Fit Havering</b></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 <a href="http://www.ardleighhouse.org">www.ardleighhouse.org</a></p>

## Di's Diamonds – March 2020

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

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### Everyone Active Sports

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](mailto:lucy.hantson@englandnetball.co.uk)

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.

Hornchurch Sports Centre, Harrow Lodge Park, Hornchurch Road, Hornchurch, RM11 1JU  
For more info contact Sophie Garratt on 07394 564941 or [sophie@sportforconfidence.com](mailto:sophie@sportforconfidence.com)

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

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

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<b>REDBRIDGE</b>	
<b>Redbridge Music</b>	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 <a href="http://www.cranbrookcentre.london">www.cranbrookcentre.london</a> for further info contact Christopher Wyatt <a href="mailto:criswyatt@aol.com">criswyatt@aol.com</a>
<b>Sewing Group</b>	One Tuesday a month (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.
<b>Reminiscence/ memory session</b>	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
<b>Redbridge Regular Monthly Event</b>	<b><u>Roding Quilters Meeting</u></b> Tuesday 10 <sup>th</sup> March 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 <a href="mailto:2014carpu@gmail.com">2014carpu@gmail.com</a> or call on 07742 743 980 for further info
<b>Theatre</b>	Kenneth Moore Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT. Regular shows and The Good Company Film Club (£5) See <a href="http://visionrcl.org.uk/centre/kenneth-more-theatre">visionrcl.org.uk/centre/kenneth-more-theatre</a> General enquires 0208 708 8803

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<b>BARKING &amp; DAGENHAM</b>	
<b>Knit and Natter</b>	<p>Weekly group meeting to knit natter and socialise. Come along and learn to knit at this friendly group. Adults 18+ 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:</p> <p>Valence Library : 10 am - 12 pm, Every Monday</p> <p>Marks Gate Community Centre - 0208 270 6091 : 10 am - 12 pm, Every Tuesday &amp; 2 pm - 4 pm, Every Wednesday</p> <p>Dagenham Library : 1.30 pm - 3.30 pm, Every Wednesday</p>
<b>Gardening &amp; Wellbeing Session</b>	<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</p> <p>Valence House Garden, Becontree Avenue, Dagenham RM10 7DX</p> <p>To find out more, please contact:</p> <p>Healthy Lifestyles team 0208 724 8018</p> <p>Email: <a href="mailto:healthy.lifestyles@lbbd.gov.uk">healthy.lifestyles@lbbd.gov.uk</a></p>
<b>Singing Collective</b>	<p>Weekly open classes – No experience necessary.</p> <p>After the success of the women's anthem choir and popular demand, we have decided to start an intergenerational, mixed singing collective.</p> <p>Sessions facilitated and musical arrangements by award winning producer Linton Bennett and will feature arrangements of popular songs of all genres.</p> <p>There will be performance opportunities and sharing's throughout the year including LBBB summers festival.</p> <p>Tuesdays, 6-8pm, Studio 3 Arts, Unit 46, Vicarage Field shopping Centre, Barking, IG11 8DQ</p>
<b>Theatre</b>	<p><b>The Broadway</b>, Barking Essex IG11 7LS 0208 507 5607</p> <p><a href="http://www.thebroadwaybarking.com">www.thebroadwaybarking.com</a> general enquiries <a href="mailto:boxoffice@thebroadwaybarking.com">boxoffice@thebroadwaybarking.com</a></p>