

# **Di's Diamonds**

## **50+ Activities and Events for men and women**



## Who are we?

We are a group of men and women living in Havering, Redbridge and Barking & Dagenham, from all walks of life and backgrounds, single or partnered, aged 50+, who want to:

- meet people and make friends
- get out and about
- enjoy activities and events
- discover opportunities and take on new challenges

## What do we do?

We organise regular activities and groups and enjoy outings and events, including:

- coffee mornings and meals
- bowling
- tea dances
- cinema and theatre trips
- museum and exhibition outings
- lectures and concerts
- take part in planned coach trips
- creative art classes and events on zoom

Monthly calendar of events.

## How to join in?

We pride ourselves on welcoming everyone and helping them to make new friends. If you would like to participate contact Kim, Fiona, Amanda or Monica to register to receive our monthly programmes. Then come along to a regular activity or pre book for one of our events.

You can also find out about our other services.

### Contact us Mon-Fri, 9:00am-3:00pm

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