

<b>Members of Dis Diamonds Havering Activities May 2024 printed 24/05/24 -for Over 50s Residents of Havering/Barking&amp; Dagenham/Redbridge</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>every Monday Diamond Geezers 3:00-5pm meet Harrow Pub except Bank Holiday</b>	<b>Please let us know if attending an event – as events can change dates</b>	<b>Every Wednesday</b> St Joseph's Lunch Noon Upminster	<b>Every Thursday</b> <b>11am</b> Tai Chi Zoom <b>3-5</b> Watercolour Zoom	<b>Every Friday</b> <b>10:30</b> Knit & Natter Colley Rowe Pub
<b>Harold Wood Community Hub every Monday 10:30 -1pm – except Bank Holiday pre bookings only</b>		<b>12-2</b> King George V lunch Gants Hill	<b>1:30 -3:30</b> Thursday Chat Club Harold Wood Community Hub new club every Thursday	
<b>Bank Holiday Monday</b>	<b>10:00 -12:30</b> Create Course Harold Wood	<b>1-4pm</b> Over50s Community Info Event Queens TheatreHornchurch 3pm Cocktails Moon & Stars Romf	<b>10:30</b> Church House Coffee Morning <b>12-2</b> Pipe Major <i>Lunch and Bingo</i> <i>Dagenham</i> <b>1:30 -3:30</b> Thursday Chat Club Harold Wood Community Hub	Museum of the Home and History Event from 10am onwards
<b>EPHG Coach trip Riverhill Himalayan Gardens 11-1 Hainault Forest coffee / farm walkHainault</b>	<b>10:00 -12:30</b> Create Course Harold Wood		<b>10:30</b> Romford Baptist Coffee morning <b>10</b> Kew Gardens- Romford <b>1:30 -3:30</b> Thursday Chat Club <b>7:30</b> Wesley PlayersTheatreThisHouse	<b>11:50</b> Bowling Namco Romford
<b>10:30</b> Queens Theatre Coffee Morning Hornchurch	<b>10:00 -12:30</b> Create Course Harold Wood	Walmer Castle & Gardens EPHG coach <b>1-3</b> Kenneth Moore afternoon tea & dance Ilford	<b>11am</b> Moon & Stars <b>1:30 -3:30</b> Thursday Chat Club Harold Wood Community Hub	<b>25 Saturday May</b> Kent Garden Show EPHG Coach trip
<b>Bank Holiday Monday</b>	<b>5:30</b> Mandarin Palace <b>Diner Hornchurch</b>	<b>12-2</b> Old Maypole <i>lunch &amp; Quiz</i> Hainault <b>3pm</b> Cocktails JJ moons Hornchurch	<b>1:30 -3:30</b> Thursday Chat Club Harold Wood Community Hub	EPHG Broadstairs coach Trip

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Tue-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

## Regular Weekly Events

**Every Monday -Monday Meet up. 10:30 onwards must be pre booked – limited space** Come and meet up with fellow Diamonds for a chat and coffee. Variety of refreshments, cakes and snack available – Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Kim at 10:30. Why not stay on for lunch Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) see separate calendar whilst at hub for talks & craft activities – lots of different activities or come for a chat – note closed on Bank Holiday Mondays.

**Every Monday Diamond Geezers 3pm-5pm** Harrow Pub Hornchurch 130 Hornchurch Road Hornchurch RM11 1DP Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. Call 01708 462611 [emberinns.co.uk](http://emberinns.co.uk) for information about menu Note closed Bank Holiday

**Every Wednesday St Josephs Lunch Noon Upminster Every Wednesday** CWL Lunch Club 12 noon at St Joseph's Social Club, St Mary's Lane Upminster RM14 2QB 01708 222432. £6 for either hot or cold lunch, pudding, cake or tea. Everyone will be very welcome. Meet Marion Money raised is donated to charity please ensure prebook directly 01708 222432 –great price for 2 course lunch & tea

**Every Thursday free Tai Chi** on zoom 11am-11:45 **For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk) enquire about special zoom code – Free**

**Every Thursday 1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games –feel free to bring own crafts – drawing paper & coloured pens available. Please **pre book**

**Every Thursday free Watercolour Classes** every Thursday **3-5pm** with Artist Ioana Macovei on Zoom Popular very informal easygoing class please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to join group –Free ask for code.

**Every Friday 10:30 -12:30 Knit and Natter** – Every Friday 10.30-12, Colley Rowe Inn, Collier Row RM5 3PA. Bring crochet, knitting, cross stitch, sewing whatever you're working on or just come along for a chat. £1.50 for tea or coffee with refill. On the left as you go in, round table. Look out for Rene and other diamonds

**Any Day -Catch Latest film** *visit to Romford Premier Cinema Romford Film Club – The Mercury Shopping centre RM1 3EE – if want to suggest film & day email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) . Romford Premiere now £3.50 <https://romford.premierecinemas.co.uk/PremiereCinemaRomford.dll/WhatsOn>*

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**Whilst there is no bowling at Namco on Tuesdays if you fancy Ten Pin\_Bowling** at new venue and meet uptime 11am City Limits Rollerbowl – Collier Row RM5 2BH -£10.49 for 2 hours unlimited bowling & a hot drink - Bring own shoes Entrance to Bowling – - let us know if fancy a game and will set up

**Book club** – will not be meeting in May –as we will be visiting the Museum of the Home -back again in June – we are currently reading The Thursday Murder Club by Richard Osman or any of his novels. In June we will meet up at a new venue – BB Coffee And Muffins – Mercury Gardens Level2 Mercury Mall RM11 3EE- not far from the café we used to meet. For July we will be discussing Spies by Michael Frayn

**We will return to Railway Hotel Restaurant Hornchurch** for lunch 1-3pm meet Lesley & Maryanne at Station Lane Hornchurch RM12 6SB -variety of special menus. Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary please contact restaurant on 01708 440028 – date to be announced – check face book or email us to be advised once date is set

**Wednesday 1/5/24 12-2pm Lunch King George V** 645 CRANBROOK ROAD, ILFORD, ESSEX, IG2 6SX [King George V pub in Ilford | Greene King Pubs \(greeneking-pubs.co.uk\)](#) 2 course £6.49, 3 courses £7.49. Buses 128, 150 167 from Ilford station, Shere Road stop CQ. *Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change*

**Thursday 2/5/24 1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit. £2 Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games –feel free to bring own crafts – drawing paper & coloured pens available. Please **pre book**

**Tuesday 7/5/24 Create 6 week Painting course** at The Hub, Harold Wood 11 Gubbins Lane RM3 0QA 10am -12:30 week 1 of 6

Class is now full – please add name to reserves and if place available will be in touch or we can advise of next course when dates available

Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Wednesday 8/5/24 Poetry Reading via Zoom** 10:00-11 am -do you write your own poems or love poetry– come share by reading either your own poetry or bring a favourite one or just back relax and listen – free and easy poetry group hosted by Morris. Access via Disdiamonds dedicated zoom code –ask for code if not already got Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

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**8/5/24 Over 50s Community Information Event** at Queen Theatre Hornchurch RM11 1QT 1pm -4pm in the Foyers meet Disdiamonds/ AgeukRBH and other local community groups -Please pop along to Disdiamonds stand and say hello. This is being hosted by Havering Over 50's Forum in conjunction with the Queens Theatre- lots of useful information available on the day

**Cocktails Drinkup Moons & Stars Romford 3pm** – South Street Romford RM1 1NX. Meet Laurie, Marion & Rene and other diamonds join other DisDiamonds to share cocktails and meaningful chat please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming –note this is a Wednesday due to Bank Holidays in May

**Thursday 9/5/24 Coffee & Chat at Church House 10:30 -12:30pm** Romford Market Place RM1 3AB email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Range of Sandwiches and snacks including their famous bread pudding. Café is in front of Wykenham Hall near St Edwards the Confessor Church in Romford Market. Meet Host Ruth - Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place

**12-2pm Lunch followed by free bingo. Pipe Major**, 1,Yewtree Avenue, Dagenham, RM10 7FN  
Large car park, Almost opposite Dagenham East station. We have our own area, pay for your own food and drink, bingo is free. Book early to avoid disappointment. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book**

**Friday 10/5/24** *Museum of the Home 136 Kingsland Road London E2 8EA – nearest station Hoxton Overground from Stratford right next door to museum or 26 bus from Liverpool Street station then short walk Meet Fiona anytime after 10am – the Hackney History Event is also taking place within the museum and we have some free tickets available for the history talks please email –disdiamonds or call Fiona on 07375704448*

**Monday 13/5/4/24** EPHG Coach trip Riverhill Himalayan Gardens see coach trips – contact host Trevor\_07771741948 Havering pickups

**11-1pm Foxborrows Farm visit and coffee/ brunch / lunch Hainault Forest** Country Park, Romford Road, Chigwell, IG7 4QN  
247 bus stops right outside then 10-15 min path walk to centre. Free blue badge parking or pay by phone Ringo app.  
Meet in the new Woodland Trust Visitor centre by the second car park. We can have a tea and toilet stop, take in the new centre and look at the menus then go to the Farm. Alpacas, chickens, donkeys, ducks, ferrets, goats, peacocks, pigs, rabbits, sheep. **£2 donation entry**. Approx. 30 min to walk

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

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round and there are benches on the way but you need to be able to walk that far unassisted. Supposed to be fully accessible but it's not, gravel on entry means it's impassable for motorised wheelchairs and scooters, they're working on it. Alternatively, you can stay in the café till we come back and take in the stunning scenery. Suitable footwear required, dress for the weather, we will just have a coffee morning / lunch if it's raining. **Pre booking essential**. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change due to weather

**Tuesday 14/5/24 Create 6 week Painting course** at The Hub, Harold Wood 11 Gubbins Lane RM3 0QA 10am -12:30 week 2 of 6

Class is now full – please add name to reserves and if place available will be in touch or we can advise of next course when dates available

Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Thursday 16/5/24 Romford Baptist Church Coffee Morning** with Disdiamonds **10:30-12:00** –Meet Kath at Romford Baptist Church Main Road RM1 3BL opposite Town Hall/Police Station Meet Kath and other new members and discover what disdiamonds is about and what we are up to this month please let us know you are coming Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) or call

**Kew Garden Trip by train** – Meet Romford Station 10am Meet Hosts Rene & Laurie Free ticket - £2 donation. Chance to walk around famous gardens Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) not this is a walking activity please stat mobility at time of booking. Will be travelling via Richmond Station arrangements can be made to meet on route or at entrance.

**1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book**

**7:30 Wesley Players Theatre** – play This House meet Ruth 7:30pm for 8pm show at Methodist Church, Hall Lane Upminster RM14 1AE free tickets available must pre book via [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) or call us

**Friday 17/5/24 Ten Pin Bowling** at Romford Namco Meet Margaret at 11:50am outside MacDonalDs for noon start for bowling at the Brewery. Bowling and tea/coffee £7 - email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) In order to reserve a place in your chosen team please advise by Wednesday before bowling day. Host Margaret. Please ensure advise Disdiamonds by Wednesday 15<sup>th</sup> May even those that have been before – so Margaret can draw up

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the teams – note new temporary time – Ruth will return to hosting at normal 10am slot later in Summer once refurbishment works completed at Namco

**Saturday 18/5/24 Coffee & chat at Hope Café Coffee meet Ruth at noon** at 80-84 Romford Market RM1 3ER opposite Iceland across market square . Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place, this is particularly important so we know who to contact in the event of cancellation . Money made by the café goes to support local homeless charity. Stay for lunch in Romford or visit Romford's Markey or pop along to cinema or shop whilst in Romford – lots to do on a Saturday in Romford

**Monday 20/5/24 –10:30 -12:00 Queens Coffee Morning** at Queen Theatre Hornchurch RM11 1QT meet DianaW and other diamonds in the Café area. Find out what is happening next month -Please advise Disdiamonds to book a place – if Harold Wood hub fully booked why not try Hornchurch

**Tuesday 21/5/24 Create 6 week Painting course** at The Hub, Harold Wood 11 Gubbins Lane RM3 0QA 10am -12:30 week 3 of 6  
Class is now full – please add name to reserves and if place available will be in touch or we can advise of next course when dates available

Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Wednesday 22/5/24 1-3pm Kenneth More. Afternoon tea, singing & dancing.** Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT [Kenneth More Theatre](http://www.kennethmoretheatre.co.uk)  
• Vision RCL **Pre booking essential with any dietary requirements by midday on Mon 26/2/24 £10 pay on the day, *no show or late cancellations must still be paid for so don't forget to cancel if you're unable to attend.***

Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Walmer Castle and Gardens EPHG Coach trip see coach trips – contact host Trevor\_07771741948** Havering pickups

**Thursday 23/5/24 Moon and Stars Pub** South Street Romford RM1 1NX. Last Thursday of the month 11am onwards – join Fiona, Rene & Laurie & other DisDiamonds for Brunch or Lunch – meet at raised area towards the end of the pub. please advise Disdiamonds to book a place  
Note this is normally last Thursday of the month but due to May School Holidays – this will be on 23/5

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**1:30 -3:30 new meet up - Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book**

**Saturday 25/5/24** Kent Garden Show EPHG Coach trip **see coach trips – contact host Trevor\_07771741948** Havering pickups

**Tuesday 28/5/24 Mandarin Palace** Early dinner at 5:30pm with Trevor & Kath - 197 High Street Hornchurch RM11 3XT. Special Diamonds 3 course set meal £24 with soft drink and tea/coffee . Please Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Contact restaurant directly for dietary enquires only [01708438003](tel:01708438003)

**Wednesday 29/5/24 12-2pm Lunch and quiz Old Maypole**, Fencepiece Road, Ilford, Greater London, IG6 2NG. **247 bus** stops outside. Money off voucher and menu <https://www.sizzlingpubs.co.uk/findapub/northwest/theoldmaypoleilford/signup>  
Pay for what you eat and drink, free quiz. Meet new people. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**3pm Cocktails/coffee Drinkup JJMoons Hornchurch** – JJ Moons 46-62 High Street Hornchurch RM12 4UN- meet Laurie, Marion & Rene and other diamonds join other DisDiamonds to share cocktails and meaningful chat please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming

**Thursday 30/5/24 1:30 -3:30 new meet up - Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book**

**Friday 31/5/24 EPHG Coach trip to Broadstairs** see EPHG Coach trip **see coach trips – contact host Trevor\_07771741948** Havering pickups

**New To Disdiamonds or want to know more about Disdiamonds in Havering - please ask to book a coffee or Zoom or Telephone session with Fiona – New members welcome to attend Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30**

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

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Most classes are now fully booked! – we have limited spaces only. Please see [Spaces available below](#).

Please **DO NOT ATTEND** a class without registering with us **Fall Prevention first**, as you will be declined by the trainer. Email

[Georgina.fowler@ageukrbh.org.uk](mailto:Georgina.fowler@ageukrbh.org.uk)

## Face to Face Exercise Classes (Havering)

Venue	Day	Time
<b>Chair Based Exercises – with Heidi</b> Ardleigh Green Community Association, Hornchurch	Wednesday	12.15pm – 1.15pm
<b>Chair Based Exercises – with Heidi</b> <b>All Saints Church</b> , Ardleigh Green, Hornchurch	Wednesday	1.30pm – 2.30pm
<b>Chair Based Exercises – with Heidi</b> <b>NEW CLASS!!!</b> <b>All Saints Church</b> , Ardleigh Green, Hornchurch	Thursday	11.30am- 12.30pm
<b>Chair Based Exercises – with Heidi</b> <b>Spaces available.</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	1.00pm – 1.50pm
<b>Nordic Walking – With Anne</b> <b>Spaces available.</b> Thames Chase Forest Centre, Pike Lane, Upminster RM14 3NS	Monday	10.00am – 11.am
<b>Tai Chi – With Karl</b> <b>Spaces available.</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Thursday	10.00am – 11.am
<b>Tai Chi – With Karl</b> <b>Spaces available.</b> Cranham Community Centre	Monday	1.00pm – 1.50pm
<b>Chair Based Exercises – with Heidi</b> Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	Monday	11.30am – 12.20pm
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham	Thursday	1.00pm – 2.00pm
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham <b>NEW CLASS!!!</b>	Thursday	2.00pm – 3.00pm

For more information call 07535 953763 or Email: [Georgina.fowler@ageukrbh.org.uk](mailto:Georgina.fowler@ageukrbh.org.uk)

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### Face to Face Exercise Classes (Redbridge)

Venue	Day	Time
Easy Chair based exercise - With Sami Ilford Library	Monday	10.00am – 11.00am
Chair based exercise class - with Keeley Chadwell House -open to non-residents	Friday	11.00am – 12.00pm
Nordic Walking - With Anne Valentines Park, Ilford	Wednesday	2.00pm – 3.00pm
Tai Chi - with John Poon at Ilford Library	Monday	10.00am – 10.50am
Chair based exercise Yoga - with Sami at Ilford Library	Monday	11.00am – 12.00pm
Tai Chi - with John Poon at Age UK	Wednesday	10.00am – 10.50am
Chair based at Cambridge park - with Sami - currently unavailable to non residents	Thursday	11.00am – 11.45am
Chair based at Forest Dene - with Sami - currently unavailable to non residents	Thursday	10.00am – 10.45am

For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)

### Face to Face (B&D)

Venue	Day	Time
Chair based class – with Anne Marsh, East Road Baptist Church	Thursday	2.00pm – 3.00pm
Chair based class – with Heidi George Crouch Centre	Tuesday	11.20am – 12.30pm

For more information call 07535 953763 or Email: [Georgina.fowler@ageukrbh.org.uk](mailto:Georgina.fowler@ageukrbh.org.uk)

### Online Exercise Classes (BHR)

Venue	Day	Time
Chair Based Exercises - with Elaine	Wednesday	11:00am-12:30pm
Chair Based Exercise - with Elaine	Thursday	11:00am-12:30pm
Tai-Chi - with John Poon	Thursday	11:00am – 12.00pm

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## Walking For Health

Day/Time	Location	Meeting Point	Duration	Level
Every Monday, 11am	Harrow Lodge Park	Main Carpark, Hornchurch Sports Centre, RM11 1JU	30 – 60min	Beginner/Easy
Every Tuesday, 11am	Raphael Park	In front of the Café, Main Road Romford, RM2 5EB	30 – 60min	Beginner/Easy
Every Wednesday 10am	Hornchurch Country Park	Visitors Centre, Squadrons Approach, RM12 6TD	30 – 60min	Beginner/Easy
Every Friday, 10.15am	Eastbrookend Country Park	Millennium Centre, Dagenham Road, RM7 0SS	30 – 60min	Beginner/Easy

Longer walks and walks that take place on the weekend, For Havering need to provide tack & trace numbers limited to 30 essential to prebook.01708 431016 [sportsdevelopment@haverling.gov.uk](mailto:sportsdevelopment@haverling.gov.uk) [www.haverlingactive.co.uk](http://www.haverlingactive.co.uk) <https://www.walkingforhealth.org.uk/walkfinder/haverling-walking-for-health>

### **Walking Netball or Walking Football – let us know if interested will put in contact with local club – also new Mens Walking group Upminster**

**Enjoy listening to talks** – why not Join Restless for regular free & paid talks – Mirthy.co.uk please mention Dis Diamonds when joining & mention at coffee clubs –join in with other diamonds restless.co.uk

**Libraries** pop in and pick up a book or try one of their group many activities - Join a reading club or perhaps you might like to try knit & natter group, board games, computer classes

**Exercise in person** -Walking Football or walks in local parks or staying safe in doors with Yoga via Zoom– please email to register for further info [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Do you look after an older person or partner or child**–whether at home or in a care home. Are you stressed – Art might help relieve some of the pressure or we could put you in touch with support groups contact [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

Have we missed something let us know and we will advertise here..

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Tue-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

**Local Theatres** – please support your local venues by booking a show  
**Barking –The Broadway Theatre, Broadway, Barking IG11 7LS tel0208 507 5607**

**Ilford Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT 0208 708 8800**

<https://visionrcl.org.uk/centre/kenneth-more-theatre/> for full list of shows

**Romford –Brookside Theatre 21a Eastern Road Romford Essex RM1 3NH 01708 755775**

<https://www.brooksidetheatre.com/> for variety of shows & entertainment

**Hornchurch –Queens Theatre, Billet Lane, Hornchurch, RM11 1QT 01708 443333**

**-already going or anyone want to see**

On 23 May 2024 and 24th May 2024, Motown, "How Sweet It Is". The Show begins at 19.30 and the tickets cost £33.70. let us know as one of our disdiamonds members is asking

Lots of other great plays & shows including regular Down Memory Lane– special music show for people with Dementia & their carers

Or why not try out Over 50's Musical Theatre Workout every Wed <https://www.queens-theatre.co.uk/>

Want to catch a Westend Show why not arrange to go up London on the day after coffee morning and see what is available from Halfprice ticket in Leicester Square or pre-book with fellow members

**Let us know which Diamond event you are coming to in case we have to change times at short notice.**

**Make new friends this month and enjoy life.**

**Dementia Café New club – friendly and casual drop-in support for people with Dementia and their careers. Held on every other Thursday 10:30 am - 12:00 meet at Railway Hotel Restaurant Station Lane Hornchurch RM12 6SB, starting 4 April for further info contact Havering Dementia Action Alliance on 07375840725**

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**Memory Café** every other Thursday in the Learning Space, at Hornchurch Queens Theatre between 10:30 – 12:00, every fortnight Memory Café is for people living with dementia and their carers to enjoy a cup of tea or coffee, take part in fun activities and access information. Provide a safe and supportive space to discuss your own dementia diagnosis, or someone else's and think about what it means for the future; meet and learn from other people in similar situations; keep active, make new friends and feel more confident.

If you know someone who may be interested in attending sessions, please do share the news with them. Sessions will be free and open to everyone, no pre-booking required supported by Dementia Action Alliance.

Do you support a loved one – why not join a support group and share ideas and access useful information. Please get in touch call or email disdiamonds and we will put you in contact with local support groups.

**History Buffs -Havering Museum** 19-21 High Street Romford RM1 1JU 01708 766571 <https://www.haveringmuseum.org.uk/> Open Wednesday to Friday 11-4 see website –also hold regular weekly clubs, Variety, Reminiscence and monthly Art group, Photography Group, Knit & Natter and specialist talks

**RAF Hornchurch Heritage Centre** 119-121 Suttons Lane Hornchurch RM12 6RU <https://raf-hornchurch.com> £5 Saturdays 11-4 – if you have been let us know what you think – if you want to visit with Disdiamonds let us know –

**Surveys** Want to help shape the borough or have your views acknowledged – please sign up to take part in Health, Wellbeing and Life surveys –will take place in variety of ways -on line, in person, or electronic at various times over the year. Let us know if you would like to be contacted. Also Local High Street Reshape –get your views known – speak to disdiamonds – help shape your borough to be the best you want it to be.

**Knitting & Sewing** –if want to meet other keen crafters- lets us know and will put you in touch with local groups. New group meets at Havering Museum every Friday fortnight and local libraries and other venues. Why not join a knit & nat club and share your passion

**Ardleigh House** – 42 Ardleigh Road Hornchurch RM11 2RG mail:- [office@ardleighhouse.org](mailto:office@ardleighhouse.org) Telephone:- 01708 440660 [www.ardleighhouse.org](http://www.ardleighhouse.org) lots of clubs and activities including Yoga, Art, French, Spanish, Crafts and Computers, Short Mat Bowls, Model Engineers and Camera Club

**Crafters SOS** -If handy with a needle a local group need a hand stitching up Knitted mufflers for Dementia groups –based in Romford Also wanted any wool or buttons or decorative pieces that can be sewn on. Please call Fiona or email disdiamonds

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**Singers** St Edward's Parish Church in the Market Place, Romford has a choir with a long tradition of singing a high standard of traditional sacred choral music at the Sunday services. The soprano part is sung by boys and girls of school age and the alto, tenor and bass by adults. The choir is looking to recruit one or two altos to join the choir. Singers should be able to read music and hold a part on their own but do not necessarily need to be good sight-readers. They should be available for rehearsals on Fridays from 7.30 to 8.30pm, and for the rehearsal and main service on Sunday mornings from 9.15 to 11.15am. Choral evensong is sung occasionally at 6.30pm. If you are interested in joining this friendly group of enthusiastic singers, please contact the acting Director of Music, Andrew Morrisson for further information and to arrange an informal audition. [music@stedwardsromford.com](mailto:music@stedwardsromford.com) or leave a message at the office 01708 744973

#### **Thursday Club EASTBROOK COMMUNITY CENTRE**

Rainham Road South, Dagenham, RM10 7UU

Meets every Thursday between 1pm and 3pm. It costs £2 per week for tea/ coffee, biscuits and entertainment.

**Coach Trips** – regular trips arranged with EPHA. Need to book via Trevor 07771 741948

Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8> full list. Also Coach Holidays available

When booking please mention that you are a Disdiamond member

Also Coach trips & holiday available from Shirley at shirleytours who fundraises for charity. Variety trips include Albert Hall & Abba & Holidays please see website for further info [shirleytours.co.uk](http://shirleytours.co.uk) or Email: [shirley@shirleytours.co.uk](mailto:shirley@shirleytours.co.uk)

Alternative coach trips available from [Kirbyscoaches.co.uk](http://Kirbyscoaches.co.uk) or [Eastlondontravel.co.uk](http://Eastlondontravel.co.uk)

Holidays- fancy going on holiday with other diamonds – why not post a comment on DisDiamonds Facebook –or mention at coffee morning –perhaps share holiday brochure or visit travel agent together

**Flowers/ Gardening** Join EPHG at Elm Park. Regular social club.

Or Langton Gardens – looking for volunteers and other local venues – please contact Disdiamonds

**Spare time** why not **volunteer** call us - lots of local establishments including parks & museums and local public places require help regularly or one off. Contact Disdiamonds for more info

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We are also looking for volunteers to help at coffee mornings or host events or help at roadshows-or fancy hosting a pub lunch or trip or befriending or greeting at coffee morning or helping out at an event please contact one of us or email disdiamonds –

**Cinema Trips** –fancy catching the latest block buster film at your local cinema. Want a buddy to go with please contact Disdiamonds or if you fancy going in a group put an announcement on Facebook – not yet on Facebook do not worry we could make an announcement on your behalf –you choose cinema, day – time & film –we will announce on your behalf. Sign up for our cinema club

Catch a latest blockbuster or re-watch a favourite plenty to choose from at your local cinema so much to choose from–

Romford Premiere now £3.50 <https://romford.premierecinemas.co.uk/PremiereCinemaRomford.dll/WhatsOn>

Romford Vue from £4.99 on line or £5.99 at venue <https://www.myvue.com/cinema/romford/whats-on>

Ilford Cineworld various prices including seniors £8.74 <https://www.cineworld.co.uk/cinemas/london-ilford/8062#/buy-tickets-by-cinema?in-cinema=8062&at=2021-07-29&view-mode=list>

Odeon South Woodford various prices from £5 <https://www.odeon.co.uk/cinemas/south-woodford/>

Dagenham Vue only £4.99 on line or £5.99 at venue <https://www.myvue.com/cinema/dagenham/whats-on>

Swimming –fancy getting fit for summer but do not want to go alone- why not get a swimming buddy contact DisDiamonds

Seen something that you think other Diamonds might like to attend – let us know and we can see if we can arrange a trip or advertise

Find latest events and share ideas and reminiscence with fellow Diamonds on your dedicated Facebooks Diamonds members <https://www.facebook.com/groups/583061935616098> please join as last minute events are advertised on Facebook

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