



ARK FARM VISITS

A mobile farm is coming to C&C's Care Homes. Come along for some friendly animal encounters!

Compton Lodge
7 Harley Road, NW3 3BX
Monday 11 November - 2pm - 3pm

Rathmore House
31 Eton Avenue, NW3 3EL
Monday 11 November - 4pm - 5pm

SEWING DAY

C&C's sewing wizard Jessica Corlett will be leading a day of sewing fun. Suitable for beginners.

The Chestnuts
Honeycroft Hill, Uxbridge, UB10 9NH
Friday 15th November - 10am - 2pm

FREE MUSEUM TICKETS

British Museum (Troy)
Sunday 17th November - 2.30pm
Barbican (Into the Night)
Monday 18th November - 6pm

KEW COLLEGE - NURSERY

Children from Kew College Nursery will be visiting Cecil Court every Wednesday.

10am - 11am & 2pm - 3pm
Cecil Court - 2/4 Priory Road, TW9 3DG

CHILDRENS VIOLIN RECITAL

Trevor-Roberts School Performance
Compton Lodge - 7 Harley Road
Thursday 21st November - 3pm - 4pm

VICTORIAN FESTIVE CARDS

Make your own Christmas Cards!
Homemead - 28 Park Road, TW11 0AQ
Tuesday 19th November - 10.30am
Cecil Court - 2 Priory Road, TW9 3DG
Tuesday 19th November - 2pm

PAINTING WORKSHOP

Hosted by Paintings in Hospitals
Blackham House
2A Raymond Road, SW19 4AT
Friday 22nd November
10.30am - 12pm

BIRMINGHAM ROYAL BALLET

Introduction to ballet sessions suitable for complete beginners and all fitness levels. All movements can be completed whilst seated.

Attendees are entitled to free Nutcracker dress rehearsal tickets at the Royal Albert Hall.

Locations: Compton Lodge, Ada Court, Rathmore House, Philip House

Dates: 18th, 19th, 25th & 26th
November 2019

ROYAL OPERA HOUSE

C&C's 'All Together Singing' choir will be performing at the Royal Opera House. Free to attend.

Friday 29th November - 1pm
Royal Opera House

MORE INFORMATION:

C&C Arts & Events
Rachael Dinnage - 07568 359717
Jessica Corlett - 07436 836145

CREATIVE / MUSIC

Creative Writing

Tuesday 12th, 19th, 26th November
Colville Court - 30 Park Road, TW11 0AQ
2.15pm - 4.15pm

Choirs

Fridays
Ada Court - 10-16 Maida Vale, W9 1TD
10.30am - 12.30pm

Thursday 7th & 21st November
Alexandra Place - Reading, RG5 3DW
2pm - 3pm

AROMATHERAPY

Monday 11th November
The Chestnuts - Honeycroft Hill, UB10 9NH
10.15am - 12.15pm
Oldfield Estate - 54 Fitzroy Road, NW1 8UA
1.15pm - 3.15pm

Friday 15th November - 10.30am
Colville Court - 30 Park Road, TW11 0AQ

Monday 18th November - 10.30am
Ada Court - 10-16 Maida Vale, W9 1TD

ENGLISH CLASSES

Thursdays
Ada Court - 10-16 Maida Vale, W9 1TD
11am - 1pm

FIT CLUB

Table Tennis

Wednesdays
Oldfield Estate - 54 Fitzroy Road, NW1 8UA
4pm - 6pm

Zumba Gold

Wednesday 6th, 13th, 20th November
Philip House - Mortimer Place, NW6 5PD
2pm - 2.45pm

Thursday 7th, 14th, 21st, 28th November
Oldfield Estate - 54 Fitzroy Road, NW1 8UA
2.30pm - 3.15pm

Yoga & Meditation

Mondays - 11am - 12pm
Oldfield Estate - 54 Fitzroy Road, NW1 8UA

Dance

Monday 11th November - 1.30pm - 2.30pm
Philip House - Mortimer Place, NW6 5PD

Monday 11th November - 2.45pm - 3.45pm
Vivian Court - 128-134 Maida Vale, W9 1PZ

Tuesday 12th November - 1pm - 2pm
Edna House - Norfolk Square, W2 1RY

Tuesday 12th November - 2.45pm - 3.45pm
Ada Court, 10-16 Maida Vale, W9 1TD

Walking Group

Tuesdays & Thursdays - 2pm
Oldfield Estate - 54 Fitzroy Road, NW1 8UA

CRAFT

Sewing Day

Friday 15th November - 10am - 2pm
The Chestnuts - Uxbridge, UB10 9NH

Sewing Classes

Friday 15th, 22nd, 29th November
Edna House - Norfolk Square, W2 1RY

SOCIAL

Bingo - Every Thursday

Ada Court
10-16 Maida Vale, W9 1TD
3pm - 4pm

Philip House
Mortimer Place, NW6 5PD
7pm - 8.45pm (£6)

Tea Club - Every Wednesday

Vivian Court
128-134 Maida Vale, W9 1PZ
3pm - 4pm

Coffee Shop - Tues & Thurs

Oldfield Estate
54 Fitzroy Road, NW1 8UA
10.30am - 12.30pm

NEED MORE INFO?

Rachael Dinnage
020 7922 5365 / 07568 359717
rachael.dinnage@ccht.org.uk

CREATIVE

Art with Hermione

Rathmore House - Check date with staff
31 Eton Avenue, NW3 3EL

Tuesday 12th, 19th, 26th November

Compton Lodge - 2pm - 4pm
7 Harley Road, NW3 3BX

Art with Christine

Mondays - 10.30am - 11.30am
Cecil Court - 2/4 Priory Road, TW9 3DG

Art Therapy with Natsumi

Mondays & Thursdays - All Day
Compton Lodge
7 Harley Road, NW3 3BX

Read Aloud with Nichola

Homemead (Check date with staff)
28 Park Road, TW11 0AQ

MUSIC THERAPY

Every other Tuesday - 2pm - 5pm
Rathmore House
31 Eton Avenue, NW3 3EL

Every other Thursday - 2.30pm
Homemead - 28 Park Road, TW11 0AQ

Every other Tuesday - 2pm
Cecil Court - 2/4 Priory Road, TW9 3DG

SOCIAL/NEW

Film Club

Thursdays - 2pm - 3.30pm
Compton Lodge - 7 Harley Road, NW3 3BX

Pam's Club

Tuesdays - 11am - 12pm
Cecil Court - 2/4 Priory Road, TW9 3DG

Men's Club

Mondays - 2pm - 3pm
Cecil Court - 2/4 Priory Road, TW9 3DG

Tovertafel Buddies

Monday 18th November - 1.30pm - 3pm
Cecil Court - 2/4 Priory Road, TW9 3DG

Children's Violin Recital

Thursday 21st November - 3pm
Rathmore - 31 Eton Avenue, NW3 3EL

Church Service

Wednesday 6th & 20th November
Compton Lodge - 7 Harley Road, NW3 3BX

Kew Gardens Discovery Bus Tour

Tuesday 26th November - 2pm - 3pm
Cecil Court - 2/4 Priory Road, TW9 3DG

HEALTH

Aromatherapy

Check this months Aromatherapy dates with your Care Home staff team.

FIT CLUB

Chair Exercise

Mondays - Homemead
28 Park Road, TW11 0AQ
3pm - 4pm

Caring Yoga

Cecil Court

Fitness Games

Compton & Rathmore

G-Fitness

Thursdays - Cecil Court
2/4 Priory Road, TW9 3DG
2pm - 3pm

Wednesdays - Homemead
28 Park Road, TW11 0AQ
2.30pm - 3.30pm

Fridays - Compton Lodge
7 Harley Road, NW3 3BX
2pm-3pm

The events listed here are a sample of the events that take place across our care homes. For details on more activities please speak to the staff at your home.

NEED MORE INFO?

Jessica Corlett - 07568 359717 / jessica.corlett@ccht.org.uk