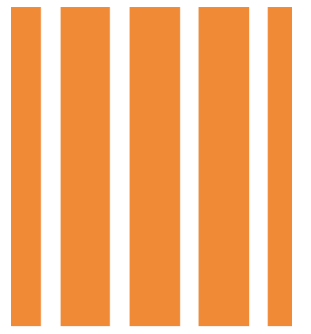


WHAT'S ON MAY 2019



FREE CLASSES, EVENTS AND TRIPS FOR ALL C&C RESIDENTS

MY FIT FESTIVAL: WARM UP'S

Between 15th-19th July we will be holding a week long festival to raise funds for more fitness equipment and classes for residents. Please join us for one of the following Warm Up's to find out how to get involved!

Oldfield Estate - 54 Fitzroy Road, NW1 8UA
Tuesday 7th May - 4pm - 6pm

Ada Court - 10-16 Maida Vale, W9 1TD
Monday 13th May - 2pm-4pm

Colville Court - 30 Park Road, TW11 0AQ
Tuesday 14th May - 11am-1pm

LIVE MUSIC NOW

Free live music concerts.
Running until the end of July!

Rathmore House
31 Eton Avenue, NW3 3EL

Wednesday 1st May - 2pm
Turner Duo: Cello & Piano

Monday 13th, 20th & 27th May - 2pm
Musician in residence: Baritone and Pianist

I-PAD COURSE

Free i-pad course for beginners.

Vivian Court - 128-134 Maida Vale, W9 1PZ
Tuesday 7th, 14th, 21st May - 11am - 12.30pm

PHOTOGRAPHY WALK

Join C&C Project Manager Simon Rogers for a scenic walk around Regents Park English Gardens.

Oldfield Estate - 54 Fitzroy Road, NW1 8UA
Friday 10th May - 1 - 3.30pm

THEATRE: KINGS X (REMIX)

Camden Peoples Theatre preview.
Artist Tommy Marshman will be performing a preview of his one person show uncovering the hidden histories of LGBTQ communities in London during the 1980s.

Short performance followed by drinks.

Oldfield Estate - 54 Fitzroy Road, NW1 8UA
Monday 20th May - 6pm - 7pm

EAST ASIAN SPRING FESTIVAL

Throughout May we will be holding a festival across C&C celebrating East Asian culture. Please join us for the following:

ADA COURT - 10-16 MAIDA VALE, W9 1TD

Friday 3rd May - 2.30pm-3:30pm - Japanese Folk Dance
Wednesday 8th May - 1pm-4pm - Kanzashi Textile Crafts

CECIL COURT - KEW - 2/4 PRIORY ROAD, TW9 3DG

Wednesday 1st & 8th May - 10.30 - 11.30am - Creative Art of Asia
Wednesday 1st May - 2 - 3pm - Japanese Folk Dance (Bon Odori)
Sunday 5th May - 10.30 - 11.30am - Children's Taekwondo Demo
Monday 6th May - 10.30 - 11.30am - Koi Carp Sculpture
Thursday 9th May - 2.30pm - Film: Crouching Tiger Hidden Dragon
Friday 10th May - 2.30 - 3.30pm - Tai Chi Qigong
Saturday 11th May - 10.30 - 11.30am - Karate Demo

COMPTON LODGE - 7 HARLEY ROAD, NW3 3BX

Monday 6th May - 2.30 - 3.30pm - Tai Chi Qigong
Friday 10th May - 11am - 12pm - Koi Carp Sculpture

HOMEMEAD - TEDDINGTON - 28 PARK ROAD, TW11 0AQ

Wednesday 1st May - 10.30 - 11.30am - Japanese Folk Dance
Saturday 4th May - 10.30 - 11.30am - Karate Demo
Wednesday 8th May - 2.30 - 3.30pm - Tai Chi QiGong
Friday 10th May - 2.30pm - Film: The King and I

PHILIP HOUSE - KILBURN - MORTIMER PLACE, NW6 5PD

Friday 3rd May - 11-12pm - Japanese Folk Dance (Bon Odori)
Thursday 9th May - 3 - 5pm - Food of the Philippines & Fan Painting

RATHMORE HOUSE - 31 ETON AVENUE, NW3 3EL

Thursday 2nd May - 2pm - Film: Princess Mononoke
Monday 6th May - 11.30am - 12.30pm - Ta Chi Qigong
Friday 10th May - 2.30 - 3.30pm - Koi Carp Sculpture

NEED MORE DETAILS?

Care - Jessica Corlett
07436 836145
jessica.corlett@ccht.org.uk

Housing - Rachael Dinnage
07568 359717
rachael.dinnage@ccht.org.uk

C&C
where inspiration lives

REGULAR EVENTS - HOUSING

CREATIVE

Creative Writing

Tuesday 14th, 21st & 28th May
Colville Court
30 Park Road, TW11 0AQ
2.15pm - 4.15pm

British Museum

Free tickets to Manga Exhibition
Sunday 19th May 2019
Contact Rachael Dinnage on
07568 359717 by Friday 3rd May
to book.

HEALTH

Aromatherapy

Monday 13th May
The Chestnuts
Honeycroft Hill, UB10 9NH
10.30am - 12.30pm

Monday 13th May
Oldfield Estate
54 Fitzroy Road, NW1 8U
1.30pm - 3.30pm

Wednesday 15th May
Colville Court
30 Park Road, TW11 0AQ
10.30am - 12.30pm

FITNESS

Dance/Exercise

Every Monday
Philip House
Mortimer Place, NW6 5PD
1.30pm - 2.30pm

Vivian Court
128-134 Maida Vale, W9 1PZ
2.45pm - 3.45pm

Every Tuesday
Edna House
Norfolk Square, W2 1RY
1pm - 2pm

Every Tuesday
Ada Court - 8th Floor
10-16 Maida Vale, W9 1TD
2.45pm - 3.45pm

Table Tennis

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

Zumba

Thursdays (No session 4th May)
Oldfield Estate
54 Fitzroy Road, NW1 8UA
2.30pm - 3.15pm

SOCIAL

Bingo

Every Thursday
Ada Court
10-16 Maida Vale, W9 1TD
3pm - 5pm

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

Wednesday 1st May
Vivian Court
128-134 Maida Vale, W9 1PZ
1.30pm - 3.30pm

Lunch Club

Every Monday & Wednesday
Oldfield Estate
54 Fitzroy Road, NW1 8UA
12.30pm - 1.30pm

Call Oldfield to book: 020 7722 0157
(£5) - 2 course meal

Quiz

Thursday 30th May - 3pm - 5pm
Oldfield Estate, 54 Fitzroy Road, NW1 8UA

NEED MORE DETAILS?

artsandevents@ccht.org.uk
07436 836145 / 07568 359717

REGULAR EVENTS - CARE

CREATIVE

Art with Hermione

Mondays - Rathmore House
31 Eton Avenue, NW3 3EL
2pm - 3.30pm

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

Art with Christine

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

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

FITNESS

Chair Exercise

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

SOCIAL

Pam's Club

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

HEALTH

Aromatherapy

Weekly or fortnightly aromatherapy sessions take place in all C&C care homes. For details please contact your home staff team.

MUSIC

Music Therapy with Gary

Monday 1st, 15th & 29th April
Compton Lodge
7 Harley Road, NW3 3BX
2pm - 5pm

Tuesday 2nd, 16th & 30th April
Rathmore House
31 Eton Avenue, NW3 3EL
2pm - 5pm

SPORTS VIEWINGS - SNACKS ON US!

If you would like to arrange a viewing session in your communal lounge for any of the following sports events let us know. We are happy to provide drinks, snacks and a poster to advertise the event:

Saturday 18th May - 5pm - FA Cup Final: Man City v Watford / Sunday 26th May - Start of The French Open