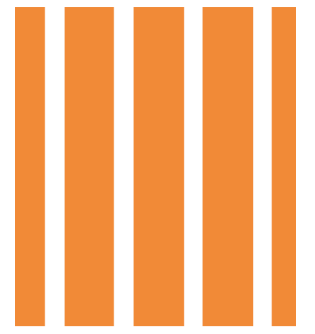
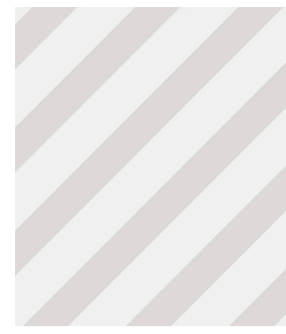


WHAT'S ON JUNE 2019



FREE CLASSES, EVENTS AND TRIPS FOR 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
Friday 28th June - 2pm - 3.30pm

Ada Court - 10-16 Maida Vale, W9 1TD
Friday 28th June - 11am - 12.30pm

Colville Court - 30 Park Road, TW11 0AQ
Thursday 27th June - 1.30pm - 3pm

LIVE MUSIC

Live Music Now - Free Concerts

Toussant To Move : Electronic Artist
Rathmore House - 31 Eton Avenue, NW3 3EL
Friday 7th June - 2.30pm - 3.30pm

Rudy Green : Kora Player
Compton Lodge - 7 Harley Rd, NW3 3BX
Thursday 20th June - 2pm - 3pm

THEATRE - HOT FLUSHES

Camden Peoples Theatre preview.
'Hot Flushes' is a country and western comedy musical. Artists from the show will be sharing a scene and songs with live music.

Short performance followed by tea and cake.
Attendees will be entitled to free show tickets.

Oldfield Estate
54 Fitzroy Road
NW1 8UA

Friday 14th May
3pm - 4pm



TEA CLUB - VIVIAN COURT

Vivian Court Residents Only

The Tea Club will be relaunching this month. Open to all Vivian Court residents, please join us for tea, cake and chatter.

Wednesday 12th June - 3.30pm - 5pm
Cost: £1 towards tea and cake

PRIMROSE HILL WALKING CLUB

Join C&C Service Officer David Simpson for a short stroll around Primrose Hill.

Meeting point: Front Office - Jacqueline House
Oldfield Estate - 54 Fitzroy Road, NW1 8UA
Wednesday 5th June - 2pm
Tuesday 11th & Thursday 13th June - 2pm
Then every Tuesday & Thursday at 2pm

GARDEN PARTIES

Join us for an afternoon of tea and music in the garden.

Compton Lodge - 7 Harley Rd, NW3 3BX
Saturday 15th June - 2.30pm - 5.30pm

Rathmore House - 31 Eton Avenue, NW3 3EL
Saturday 29th June - 2pm - 6pm

CREATIVE WRITING - ERICA HOUSE

Taster session. No prior writing experience needed. Informal class looking at the work of different writers with short creative writing exercises. Open to all C&C residents.

Erica House - 63-65 Worple Road, SW19 4LD
Monday 24th June - 3pm - 5pm

KEW FETE

Celebrate summer with a trip to Kew Fete.
Stalls, vintage fete, dog show and live music!

Kew Green - Pond Side, Kew Green, Kew, TW9 3AP
Saturday 22nd June - 11am - 6pm

FREE EXHIBITION TICKETS

Cinderella - Ballet at the Royal Albert Hall
Wednesday 5th June - 7pm

Lee Krasner - Art at the Barbican
Monday 10th June - 6pm

Edvard Munch & Manga at the British Museum
Saturday 29th June - 6.30pm - 8pm - Book by Friday 14th June

Contact rachael.dinnage@ccht.org.uk / 07568 359717 to book

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 / MUSIC

Creative Writing

Tuesday 4th, 11th, 18th, 25th June
Colville Court
30 Park Road, TW11 0AQ
2.15pm - 4.15pm

Choirs

Fridays - 10.30am - 12.30pm

Ada Court,
10-16 Maida Vale, W9 1TD

Thursday 13th & 20th June - 1.30pm

Alexandra Place
Woodley, RG5 3DW

HEALTH

Aromatherapy

Monday 3rd June

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

Monday 17th June

Oldifield Estate
54 Fitzroy Road, NW1 8U
1.30pm - 3.30pm

The Chestnuts
Honeycroft Hill, UB10 9NH
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

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 5th June

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

ENGLISH CLASSES

English for beginners

Every Thursday

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

REGULAR EVENTS - CARE

CREATIVE

Art with Hermione

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

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

Read Aloud with Nichola

Tuesday 25th June - Homemead
28 Park Road, TW11 0AQ
11am-12pm

NEED MORE INFO?

Rachael & Jessica
artsandevents@ccht.org.uk
07568 359717 / 07436 836145

FITNESS

Chair Exercise

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

Caring Yoga

Cecil Court

Fitness Games

Compton & Rathmore

SOCIAL

Pam's Club

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

LIVE MUSIC

Baritone & Pianist

Mondays - 2pm-3pm
Rathmore House - 2pm - 5pm
31 Eton Avenue, NW3 3EL

HEALTH

Aromatherapy

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

MUSIC THERAPY

Monday 10th & 24th June
Compton Lodge - 2pm - 5pm
7 Harley Road, NW3 3BX

Tuesday 11th & 25th June
Rathmore House - 2pm - 5pm
31 Eton Avenue, NW3 3EL

Friday 14th & 28th June
Homemead - 2pm - 4pm
28 Park Road, TW11 0AQ

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.