

# WHAT'S ON AUGUST 2019



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

### OH I DO LIKE TO BE BESIDE THE SEASIDE

We are making the most of the last days of summer with two seaside trips. Get ready for fish and chips, mini golf, ice cream and a spot of paddling if you're feeling brave.

#### THURSDAY 15TH AUGUST

##### Littlehampton Trip

£6.50 per person - Limited places

Pick up 1: 9.30am  
Philip House (Kilburn Park)  
Mortimer Place, NW6 5PD

Pick up 2: 10.30am  
Blackham House  
2A Raymond Road, SW19 4AT

Arriving back in London between  
6pm - 7pm.

**For more information and to book your  
place please speak to scheme staff.**

#### FRIDAY 6TH SEPTEMBER

##### Ruislip Lido Trip

If you live in a C&C Sheltered Housing scheme or General Needs property please contact Rachael Dinnage about this trip - 07568 359717

### THE MAGIC OF THE MUSICALS

**Tuesday 13th August - 2pm - 4pm**

Homemead

28 Park Road, TW11 0AQ

C&C staff member Brett Seath will be sharing his collection of vintage musical records.

### DEMENTIA FRIENDLY DANCE

**Thursday 8th August - 2.30pm - 3.30pm**

Compton Lodge

7 Harley Rd, NW3 3BX

Dance taster class with Adrienn Vass.

### SUMMER FLOWER ARRANGING

**Tuesday 6th August - 2pm - 3pm**

Cecil Court

4 Priory Road TW9 3DG

**Wednesday 7th August - 2.30pm - 3.30pm**

Rathmore House

31 Eton Avenue, NW3 3EL

**Friday 9th August - 2pm - 3pm**

Homemead

28 Park Road, TW11 0AQ

### ART CLASS - TASTER

**Wednesday 28th August - 2.30pm - 3.30pm**

Rathmore House

31 Eton Avenue, NW3 3EL

### COMPTON LODGE BBQ

**Friday 23rd August - 6pm - 8pm**

Compton Lodge - 7 Harley Rd, NW3 3BX

### ZUMBA GOLD - PHILIP HOUSE

**Wednesday 21st & 28th August - 2pm - 2.45pm**

Philip House - Mortimer Place, NW6 5PD

Following the success of Zumba at the Philip House festival we have booked 6 weeks of Zumba Gold classes. Fun and energetic moves to latin american music - especially for over 55's.

### SPORTS EVENTS - SEPTEMBER

If you would like to organise a screening in your communal lounge let us know. C&C are very happy to make a poster to advertise as well as providing snacks/drinks.

Football Euro 2020 Qualifiers - ITV (Evening)

- Thursday 5th September
- Friday 6th September
- Saturday 7th September
- Sunday 8th September
- Monday 9th September
- Tuesday 10th September

The Great North Run- BBC - 9.30am - 12.30pm

**For more information please contact:**

**Rachael Dinnage - 07568 359717**

**Jessica Corlett - 07436 836145**

## REGULAR EVENTS - HOUSING



### CREATIVE / MUSIC

#### **Creative Writing**

Tuesday 6th & 13th August

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

### DANCE/EXERCISE

#### **Dance/Exercise**

Monday 5th, 12th, 19th, 26th August

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

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

Tuesday 6th, 13th, 20th, 27th August

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

Ada Court, 10-16 Maida Vale, W9 1TD  
2.45pm - 3.45pm

Friday 9th, 16th, 23rd, 30th August

Rackstraw House - 40 Primrose Hill Road  
NW3 3AB

### FITNESS

#### **Table Tennis**

Every Wednesday

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

#### **Zumba Gold \*NEW\***

Wednesday 21st & 28th August

Philip House - Mortimer Place, NW6 5PD  
2pm - 2.45pm

#### **Walking Group**

Oldfield Estate - 54 Fitzroy Road, NW1 8UA  
Tuesdays & Thursdays - 2pm-2.30pm

### HEALTH

#### **Aromatherapy**

Monday 12th August

The Chestnuts - Honeycroft Hill, UB10 9NH  
10.15am - 12.15pm

Monday 12th August

Oldifeld Estate - 54 Fitzroy Road, NW1 8UA  
1.15pm - 3.15pm

TBC - Please check with office staff

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

### SOCIAL

#### **Bingo**

Every Thursday

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

Philip House

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

#### **Lunch Club**

Every Monday & Wednesday

Oldfield Estate  
54 Fitzroy Road, NW1 8UA  
12.30pm - 1.30pm

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

#### **Tea Club (Vivian Court Residents Only)**

Every Wednesday - 3pm  
Vivian Court Lounge

### ENGLISH CLASSES

#### **English for beginners**

Every Thursday

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

NEED MORE INFO?

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

## REGULAR EVENTS - CARE

### CREATIVE

#### **Art with Hermione**

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

Tuesday 6th & 20th August  
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**

Homemead (Confirm date with home staff) - 28 Park Road, TW11 0AQ

### HEALTH

#### **Aromatherapy**

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

### FITNESS

#### **Chair Exercise**

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

#### **Caring Yoga**

Cecil Court

#### **Fitness Games**

Compton & Rathmore

### G-FITNESS

Fun fitness sessions for all abilities. Now taking place in all C&C Care Homes.

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

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

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

Fridays - Rathmore House  
31 Eton Avenue, NW3 3EL  
3.30pm - 4.30pm

### SOCIAL

#### **Pam's Club**

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

#### **Men's Club**

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

### MUSIC THERAPY

Tuesday 6th & 20th August  
Rathmore House - 2pm - 5pm  
31 Eton Avenue, NW3 3EL

Friday 2nd, 16th & 30th August  
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.**

NEED MORE INFO?

Jessica Corlett - 07568 359717 / [jessica.corlett@ccht.org.uk](mailto:jessica.corlett@ccht.org.uk)