



**RUISLIP LIDO - VISIT  
LONDON'S SEASIDE**

**Friday 6th September - 12pm - 3pm**

C&C's big care home summer outing!

Fish and chips, sand and sunshine (hopefully!) without leaving London.

If you are a Sheltered Housing resident and would like to come along please contact Rachael Dinnage: 07568 35971

**LORD'S CRICKET  
MEMORIES MATCH**

**Tuesday 10th September - 10am - 6pm**

Open to residents living in the Lord's catchment area: Vivian Court, Ada Court, Chesterton Court, Edna House and The Chestnuts.

Watch a Middlesex vs Durham county cricket match, visit the Lord's museum and take part in activities. Call Rachael Dinnage on 07568 359717 by Wednesday 4th September to book.

**For more information please contact:  
Rachael Dinnage - 07568 359717  
Jessica Corlett - 07568 359717**

**THAMES BOAT TRIP**

**Friday 13th September**

**Cecil Court**

**4 Priory Road TW9 3DG**

Cecil Court residents will be spending a leisurely day cruising down the Thames.

**'ALL TOGETHER SINGING'**

**Tuesday 3rd, 10th & 17th September**

**Oldfield Estate, 54 Fitzroy Road  
NW1 8UA**

The choir is back! This performance will be themed around the changing of the seasons to celebrate the start of Autumn. New members welcome.

**'ALL TOGETHER SINGING':  
PERFORMANCES**

**Thursday 19th September - 10.30am**

**Compton Lodge**

**7 Harley Rd, NW3 3BX**

**Thursday 19th September - 11.15am**

**Rathmore House**

**31 Eton Avenue, NW3 3EL**

C&C's housing choir will be performing a series of autumnal themed songs.

**STRIKE! - NEW FITNESS CLASS  
MALE COACH**

New fitness classes led by a male coach. Focused on strength building and suitable for all fitness levels. Try an upcoming taster class:

**Monday 2nd September - 1pm - 2pm**

**Edna House, Norfolk Square, W2 1RY**

**Monday 2nd September - 2.30pm - 3.30pm**

**Ada Court (8th Floor), 10-16 Maida Vale, W9 1TD**

**Monday 9th September - 12pm - 1pm**

**Chesterton Court, Eaton Rise, Ealing, W5 2HJ**

**Monday 9th September - 2.30pm - 3.30pm**

**Rackstraw House, 40 Primrose Hill Rd, NW3 3AB**

**CRAFT ALE & BEER TASTING**

**Thursday 5th September - 6pm - 7pm**

**Oldfield Estate, 54 Fitzroy Road, NW1 8UA**

Limited places please book in advance

Rachael Dinnage - 07568 359717

**THEATRE SET MAKING WORKSHOP**

**Friday 13th September - 1pm - 4pm**

**Oldfield Estate, 54 Fitzroy Road, NW1 8UA**

Fabric printing workshop to create a theatre background. Free refreshments provided and no creative skills needed!

## REGULAR EVENTS - HOUSING

### CREATIVE / MUSIC

#### Choirs

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

Thursdays (Fortnightly) - 1.30pm  
Alexandra Place - Woodley, RG5 3DW

Tuesday 3rd, 10th, 17th Sept - 1.30pm - 3pm  
Oldfield Estate - 54 Fitzroy Road, NW1 8UA

### DANCE/EXERCISE

#### Dance/Exercise

Monday 23rd & 30th September  
1.30pm - 2.30pm  
Philip House - Mortimer Place, NW6 5PD

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

Tuesday 24th September  
12pm - 1pm  
Edna House - Norfolk Square, W2 1RY

1.45pm - 2.45pm  
Ada Court, 10-16 Maida Vale, W9 1TD

Friday 27th September  
1.30pm - 2.30pm  
Rackstraw House, 40 Primrose Hill Road  
NW3 3AB

### FITNESS

#### Table Tennis

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

#### Zumba Gold

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

Thursdays - 2.30pm - 3.15pm  
Oldfield Estate, 54 Fitzroy Road, NW1 8UA

#### Walking Group

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

**\*STRIKE! - New fitness sessions with a male coach. Turn over for details.**

### HEALTH

#### Aromatherapy

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

Monday 9th September - 1.15pm - 3.15pm  
Oldfield Estate - 54 Fitzroy Road, NW1 8UA

Wednesday 11th September - 10.30am - 12.30pm  
Colville Court - 30 Park Road, TW11 0AQ

### SOCIAL

#### Bingo

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

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

#### Lunch Club

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

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

#### Tea Club

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

### ENGLISH CLASSES

#### English for beginners

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

NEED MORE INFO?

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

## REGULAR EVENTS - CARE

### CREATIVE

#### **Art with Hermione**

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

Tuesday 3rd & 17th September  
2pm - 3.30pm  
Compton Lodge  
7 Harley Road, NW3 3BX

#### **Art with Christine**

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

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

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

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

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

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

### SOCIAL

#### **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

#### **Memory Cafe Visit**

Tuesday 3rd September - 1.30pm  
Homemead Trip

### MUSIC THERAPY

Tuesday 3rd & 17th September  
Rathmore House - 2pm - 5pm  
31 Eton Avenue, NW3 3EL

Friday 13th & 27th September  
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)