



### ROYAL ALBERT HALL'S 150TH

Help composer David Arnold create a work to celebrate the 150th anniversary of The Royal Albert Hall!

Learn about the Hall's history and take part in singing, percussion, lyric writing and movement workshops

Tuesday 28th January and Tuesday 11th February 1.30pm - 3.30pm

Philip House, Mortimer Place, London NW6 5PB

### CHILDREN AT VIVIAN COURT

Meet and join in creative activities with local primary school children

Wednesday 22nd January 1.30pm - 2.45pm (info session)

Wednesday 29th January 1.30pm - 2.45pm (meet children)

**Dates & times to be confirmed**

Vivian Court, 128-134 Maida Vale, London W9 1PZ

### OCCUPATIONAL THERAPY

Occupational therapy students from South Bank University will be working at Cecil Court for 10 weeks

Mondays 6th, 13th, 20th, 27th January  
Cecil Court - 2/4 Priory Road, TW9 3DG

### LIVE MUSIC NOW

Popular 2019 Musicians in Residence, David and Rebecca, return for a live performance

Monday 13th January - 2.30pm-3.30pm  
Rathmore House, 31 Eton Ave, NW3

### MEMORY CAFE TEDDINGTON

Outing to the Memory Cafe in Teddington

The first Tuesday of every month  
1.30pm-3pm

Homemead, 28 Park Road, TW11 0AQ

### LIBRETTIST WORKSHOPS

All Together Singing choir workshops with a librettist - put it in your diary!

Tuesday 3rd & 10th March, 1.30pm-3pm  
Oldfield, 52 Fitzroy Road NW1 8UA

### MUSIC THERAPY WITH YAIR

Music Therapy sessions with Yair  
Wednesdays 8th & 22nd January - 2pm - 3pm

Compton Lodge, 7 Harley Road  
Swiss Cottage NW3 3BX

### MORE INFORMATION:

C&C Arts & Events  
Sofi Mogensen - 07436 589 358  
Jessica Corlett - 07436 836 145

## CREATIVE / MUSIC

### Creative Writing

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

### Choir

Fridays  
Ada Court - 10-16 Maida Vale, W9 1TD  
10.30am - 12.30pm (8th Floor)

Thursdays 9th & 23rd January  
Alexandra Place - Reading, RG5 3DW  
1.30pm - 3.30pm

## AROMATHERAPY

The Chestnuts - Honeycroft Hill, UB10 9NH  
6th January  
10.15am - 12.15pm

Oldfield Estate - check date and time with office staff

Colville Court - 30 Park Road, Teddington  
TW11 0AQ  
15th January  
10.30am

## CRAFT

### Sewing Classes

11am - 1pm  
Friday 10th, 17th, 24th, 31st January  
Edna House - Norfolk Square, W2 1RY

## FIT CLUB

### Table Tennis

Thursdays - 4pm - 6pm  
Oldfield Estate - 52 Fitzroy Road, NW1 8UA

### Dance

Mondays - 1.30pm - 2.30pm  
Philip House - Mortimer Place, NW6 5PB  
Mondays - 2.45pm - 3.45pm  
Vivian Court - 128-134 Maida Vale, W9 1PZ  
Tuesdays - 12pm - 1pm  
Edna House - Norfolk Square, W2 1RY  
Fridays - 2pm - 3pm  
Rackstraw House - 40 Primrose Hill, NW3 3AB

### STRIKE! Fitness

Mondays - 3pm - 4pm  
Ada Court - 10-16 Maida Vale, W9 1TD  
Chesterton Court (Day & Time to be confirmed)

### Zumba Gold

Wednesdays - 2pm - 2.45pm  
Philip House - Mortimer Place, NW6 5PB  
Thursdays - 2.30pm - 3.15pm  
Oldfield Estate - 52 Fitzroy Road, NW1 8UA

### Walking Group

Tuesdays & Thursdays - 2pm  
Oldfield Estate - 52 Fitzroy Road, NW1 8UA

### Chair based Yoga & Meditation

Mondays - 11am - 12pm  
Oldfield Estate - 52 Fitzroy Road, NW1 8UA

## SOCIAL

### Bingo - Every Thursday

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

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

### Tea Club - Every Wednesday

Vivian Court  
128-134 Maida Vale, W9 1PZ  
3pm - 4.30pm

### Afternoon Tea - Every Monday

Philip House  
Mortimer Place, NW6 5PB  
**2.30pm - 3.30pm**

### Coffee Shop - Tues & Thurs

Oldfield Estate  
52 Fitzroy Road, NW1 8UA  
10.00am - 12.30pm

### Lunch Club - Mon & Weds

Oldfield Estate  
52 Fitzroy Road, NW1 8UA  
12pm - 1.30pm

## NEED MORE INFO?

**Sofi Mogensen**  
07436 589 358  
[Sofi.Mogensen@ccht.org.uk](mailto:Sofi.Mogensen@ccht.org.uk)

## CREATIVE

### Art with Hermione

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

Tuesday 7th, 14th, 21st, 28th January

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 - 10.00am - 15.30pm  
Compton Lodge  
7 Harley Road, NW3 3BX

### Read Aloud with Nichola

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

### Arts with Linda

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

## HEALTH

### Aromatherapy - All Care homes

Check this month's Aromatherapy dates  
with your Care Home staff team.

## 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

### Church Service

Wednesday 1st & 15th January  
Compton Lodge - 7 Harley Road, NW3 3BX

### Kew College - Nursery (term time only)

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

## 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

## 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

 @Central.Cecil

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