



### ROYAL ALBERT HALL'S 150TH

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

Take part in singing, percussion, lyric writing and movement workshops

Tuesday 11th February 1.30-3.30pm

Philip House, Mortimer Place NW6

### ART CLASSES AT BLACKHAM

Art classes restart in the lounge  
Wednesday 5th, 12th, 26th February

Blackham House, 2a Raymond  
Road, Wimbledon SW19 4AT

### LIBRETTIST WORKSHOPS

All Together Singing choir workshops  
with a librettist

Tuesday 25th February 1.30pm-3pm

Tuesday 17th March 1.30pm - 3pm

Oldfield, 52 Fitzroy Road NW1 8UA

### OCCUPATIONAL THERAPY

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

Mondays - Thursdays

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

### CHILDREN AT VIVIAN COURT

Meet and join in creative activities with  
local primary school children

Due to start in March - dates to be  
confirmed

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

### KEW COLLEGE NURSERY

3 and 4 year olds from Kew College  
Nursery are back visiting this Spring

Wednesdays during term time - morning  
and afternoon sessions

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

### MEWSO - ADA COURT LADIES

Learn new skills at this women's social  
club with classes in arts & crafts, diet  
and health, gentle exercise, storytelling

Wednesdays, 11am-1pm (Library)

Ada Court, 10-16 Maida Vale W9 1TD

### ART THERAPY WITH NATSUMI

Art Therapy sessions with Natsumi

Mondays and Thursdays during term  
time only - 10am - 3.30pm

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 4th, 11th & 25th February  
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 - fortnightly  
Alexandra Place - Reading, RG5 3DW  
1.30pm - 3.30pm

## AROMATHERAPY

The Chestnuts, Honeycroft Hill, UB10 9NH  
3rd February 10.30am - 12.30pm

Ada Court, 10-16 Maida Vale, W9 1TD  
24th February 10.30am - 12.30pm

Oldfield Estate, 52 Fitzroy Road, NW1 8UA  
24th February 1.30pm - 3.30pm

## CRAFT

**Sewing Classes**

Friday 7th, 14th February, 11am - 1pm  
Edna House - Norfolk Square, W2 1RY

**Craft Workshops**

Thursday 6th February, 10.45am - 12.45pm  
Alexandra Place, South Lake Crescent,  
Woodley, Berkshire RG5 3DW

## 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  
Tuesdays - 1.30pm - 2.30pm  
Ada Court - 10-16 Maida Vale, W9 1TD  
Wednesdays - 2pm - 3pm (12th Feb onwards)  
Rackstraw House - 40 Primrose Hill, NW3 3AB

**STRIKE! Fitness**

Mondays - 3pm - 4pm (8th floor)  
Ada Court - 10-16 Maida Vale, W9 1TD  
Wednesdays - 12pm - 1pm  
Chesterton Court, 77 Eaton Rise, W5 2HJ  
Thursdays - 1pm - 2pm  
Edna House, Norfolk Square, W2 1RY

**Zumba Gold**

Wednesdays - 2pm - 2.45pm  
Philip House - Mortimer Place, NW6 5PB  
Thursdays - 2.30pm - 3.15pm  
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 dates with staff  
31 Eton Avenue, NW3 3EL

Compton Lodge - 2pm - 4pm (weekly)  
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 - 3.30pm  
Compton Lodge - 7 Harley Road, NW3 3BX

### Read Aloud with Nichola

Homemead - check dates with staff  
28 Park Road, TW11 0AQ

### Creative Mojo with Paloma

Monthly  
Rathmore House - check dates with staff  
31 Eton Avenue, NW3 3EL

### Arts with Linda

Monthly  
Homemead - check dates with staff  
28 Park Road, TW11 0AQ

## HEALTH

### Aromatherapy - All Care homes

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

## 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 5th & 19th February  
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

### Memory Cafe Teddington

Homemead - first Tuesday of every month

## MUSIC THERAPY

Every other Tuesday - 2pm - 5pm  
Rathmore House, 31 Eton Ave, NW3 3EL

Every other Thursday - 2.30pm  
Homemead - 28 Park Road, TW11 0AQ

Every other Tuesday - 2pm - 3.30pm  
Cecil Court - 2/4 Priory Road, TW9 3DG

Every other Wednesday - 2pm - 3pm  
Compton Lodge - 7 Harley Road, NW3

## 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

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