



## POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+

APRIL 2024 NEWSLETTER



## OUR WEEKLY PROGRAMME

All activities take place at the Settlement unless stated otherwise.

<p><b>MONDAYS</b> 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> April</p>	<p>13:30 - 16:30</p>	<p><b>FRANK'S CLUB FOR MEN £1.00</b> Join us for darts, pool, table tennis, dominoes, friendly chats over a cup of tea.</p>
<p><b>TUESDAYS</b> 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> April</p>	<p>11:00 - 12:00</p>	<p><b>ZOOM QUIZ with Gerry</b> An interesting and entertaining quiz session. Join us for a laugh and a chat! You can join us online (<b>contact us for the link</b>) or we can connect you to the group by your phone (mobile or landline). If we have connected you by phone, you should be able to hear everyone on the call.</p>
	<p>14:00 - 16:00</p>	<p><b>FORGET-ME-NOT CLUB</b> A fun session to "exercise our brain and feed our memory" with Quizzes and Cross words</p>
<p><b>WEDNESDAY</b> 3<sup>rd</sup>, 10<sup>th</sup> and 24<sup>th</sup> April</p> <p>There is a training day for all staff on Wed 17<sup>th</sup> April and the Settlement will be closed!</p>	<p>13:00 - 15:00</p>	<p><b>WEDNESDAY ART &amp; CRAFT ACTIVITY AND SOCIAL CLUB £1.00</b> Come along for Art &amp; Craft Have a cup of tea, cake and a chat.</p>
	<p>15:30 - 17:00</p>	<p><b>SMILE INSIDE – SINGING FOR WELLBEING with Julia</b> <b>£3.00 per session</b> highly enjoyable sessions for everyone. Experience the joy of singing songs from all eras together in a supportive group. Sessions are light-hearted, inclusive and most of all fun! People living with dementia and their carers are very welcome! Highly recommended for people living with COPD!</p>

<b>THURSDAY</b> <b>4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup></b> <b>April</b>	11.00 - 12.00	<b>CHAIR-BASED EXERCISE SESSION £1.00</b> <b>with Tina in the Main Hall</b>
	12.30pm please be on time!	<b>THURSDAY LUNCH</b> 2-course hot meal (main meal and dessert) please book your place, <b>£5.50 per person</b> <b>We will celebrate St George's Day on Thursday 25<sup>th</sup> April with a special lunch.</b>
	13.30 - 15.30	 <b>KNITTING GROUP</b> Bring your own knitting. We have some spare needles and wool. Let us know if you would like to join.
	14.00 - 16.00	<b>AFTERNOON PROGRAMME IN THE HALL</b> <b>4<sup>th</sup> April: HOY BINGO</b> <b>11<sup>th</sup> April: QUIZ AFTERNOON</b> <b>18<sup>th</sup> April: FILM AFTERNOON</b> <b>25<sup>th</sup> April: OPEN MIC (1.30pm) followed by BINGO</b>
	16.15 – 17.30	<b>NIGHTINGALE SINGING GROUP PRACTICE</b> Please let us know if you are interested to join, we always need new voices!
<b>FRIDAYS</b> <b>5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup></b>	10:00 - 15:00	<b>CRUSOE CLUB</b> A special club for the <b>visually impaired older people</b> , referrals only!
	10:00 - 10:45 and 11:00 - 11.45	<b>STRENGTH AND BALANCE EXERCISE</b> <b>with Crystal</b> <b>£3.00 per session</b> – please call us to check availability if you are interested to start these sessions.
	11:00 - 14:00	 <b>COMPUTER SUPPORT/DIGITAL INCLUSION DROP-IN</b> <b>with our volunteer Gerry</b> Get help with your computer (Windows or Apple), assistance with a tablet (Android or iPad) also with your mobile phone (Android or iPhone). Use Word (to create documents e.g. letters, write memoirs etc), use Excel (create Spreadsheets, do your accounts etc), Go on-line learn to shop on-line, access Southwark's web site, create an email account, use Facebook, search for information etc. <b><i>No sessions on 19<sup>th</sup> and 26<sup>th</sup> April – Gerry is away!</i></b>

<b>SUNDAYS</b> <b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup></b> <b>April</b>	11.00 - 3.00	<b>SUNDAY LUNCH CLUB</b> <b>Please book your place for a Roast Dinner and Dessert,</b> <b>£6.00 per person</b>
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## OUR COFFEE MORNINGS



### MONDAYS

**COFFEE MORNING AT DARWIN COURT with Pauline**

**11.00am-12.30pm with Pauline**

at Darwin Court Coffee Shop, 1 Crail Row, Walworth, London SE17 1AD



### WEDNESDAYS

**COFFEE MORNING AT ROWLAND HILL HOUSE with Art sessions with Alice Clarke**

**10.30am-12.30pm**

Rowland Hill House Community Room, Union Street entrance, London SE1 0LU

### MONTHLY COFFEE MORNING WITH TINA<sup>2</sup> AT BLACKFRIARS SETTLEMENT:

EVERY FIRST MONDAY OF THE MONTH: **8<sup>th</sup> April**

to catch up on news, a chat and a nice cup of tea! **10.30am-12.30pm**

## FEEL GOOD – LOOK GOOD

**ERIKA**, our hairdresser, will be at the Settlement on the following dates:

**Thursday 4<sup>th</sup> April, Friday 12<sup>th</sup> April and Thursday 25<sup>th</sup> April.** Please call or email us if you need an appointment. Payments directly to Erika.

**MARVA**, for **head/back massage and nails**, will be at the Settlement during our Wednesday clubs (1.00-3.00pm) and on **Thursday 28<sup>th</sup> March**. Please book an appointment with Marva (please text 07411 323 951 – members only!)

**NIMMI**, our ‘**SERENDIP**’ Reflexologist, our newest addition to our therapy team, offers **REFLEXOLOGY**, on Friday mornings, by appointment only. Please book your slot.

**SHINNIQUE**, our resident therapist for **foot massage and reflexology**, will be at the Settlement during our **Thursday clubs** from 12.00pm.

**These services are only available for members who joined and paid for the membership.**

## BE CREATIVE

### FREE CREATE MUSIC WORKSHOP

Our workshop is continuing, 2-4.15pm. Our last 2 sessions are on Thursday 18th and 25 April 2024.

Try out different music instruments, compose music, write lyrics, sing, make some noise and have fun!

**CREATE**  
ARTS ORG.UK  
CHARITY OF THE YEAR 2020



### SPRING

Out of winter's  
Darkness and cold  
Emerges spring  
More sunlight  
More warmth  
To bring.

Showers fall  
Grass grow tall  
Flowers bloom  
Give out perfume  
Busy bees  
Around them buzz  
Green leaves appear  
On trees everywhere  
Louder birds sing  
To welcome spring.

All is refreshed  
All is renewed  
As Mother Nature  
From slumber awakes.  
(by Emma Leigh, PA member)



**POETRY EVENING AT THE SETTLEMENT  
AND ON ZOOM –  
Friday 26<sup>th</sup> April at 7pm**

Please contact us for the zoom link. Have your 5 minutes of freedom on the mic for poetry and music! All ages welcome! Doors open at 6.30pm.



Our Bridie, who will be 102 years old in September, reciting 2 poems during our 'Age without limits' event

AGE WITHOUT LIMITS ACTION DAY EVENT – OUR TALENT SHOW AND ART EXHIBITION Friday 22<sup>nd</sup> March

We had a wonderful afternoon filled with our Positive Ageing members' talents, from performances from our singing group the Nightingales, Solos, Cliff Richard covers to poetry and monologues and comedy. We had it all! Here are some snap shots and don't forget: Age is just a number or like C. S. Lewis quotes: 'You are never too old to set another goal or to dream a new dream.' A big thank you to all members who participated, members, friends and family who watched the show, volunteers, staff and 'Ageing Better' for their support.





## **BLACKFRIARS WANDERERS**

Tuesday 16<sup>th</sup> April

### **Walk along the Thames**

Meet Pauline at Blackfriars Bridge, outside Doggett's pub on the river walkway at 11am. Please let Pauline or the team know if you are interested in joining the group

Please note, there will be no Lunch club and Afternoon activity on **Thursday 2<sup>nd</sup> May.**

Our hall is used as a polling station.

We will organise a trip or lunch out. More information to follow.



### **Holiday to Warner Lakeside Coastal Village**

#### **in Hayling Island**

**6<sup>th</sup> – 10<sup>th</sup> May**

All members booked, please be at the Settlement on Bank Holiday Monday 6<sup>th</sup> May by 9.30am latest. Unfortunately you cannot bring the luggage on Sunday, as Sunday club will be closed.



#### **How to contact the Positive Ageing team:**

Office number: 0207 928 9521 option 3, please leave a message.

Tina: 07966 002 193 (Mon, Wed-Fri, during office hours only)

[Tina.johnston@blackfriars-settlement.org.uk](mailto:Tina.johnston@blackfriars-settlement.org.uk)

Siggy: [sieglinde.cosias@blackfriars-settlement.org.uk](mailto:sieglinde.cosias@blackfriars-settlement.org.uk)

Befriending (Crystal and Adrian): [befriending@blackfriars-settlement.org.uk](mailto:befriending@blackfriars-settlement.org.uk)