



POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+

MAY 2024 NEWSLETTER



OUR WEEKLY PROGRAMME

All activities take place at the Settlement unless stated otherwise.

<p>MONDAYS 13th and 20th May</p>	<p>13:30 - 16:30</p>	<p>FRANK'S CLUB FOR MEN £1.00 Join us for darts, pool, table tennis, dominoes, friendly chats over a cup of tea.</p>
<p>TUESDAYS 7th, 14th, 21st and 28th May</p>	<p>11:00 - 12:00</p>	<p>ZOOM QUIZ with Gerry An interesting and entertaining quiz session. Join us for a laugh and a chat! You can join us online (contact us for the link) 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>FORGET-ME-NOT CLUB A fun session to "exercise our brain and feed our memory" with Quizzes and Cross words</p>
<p>WEDNESDAY 1st, 8th, 15th, 22nd and 29th May</p>	<p>13:00 - 15:00</p>	<p>WEDNESDAY ART & CRAFT ACTIVITY AND SOCIAL CLUB £1.00 Come along for Art & Craft Have a cup of tea, cake and a chat.</p>
	<p>15:30 - 17:00</p>	<p>SMILE INSIDE – SINGING FOR WELLBEING with Julia £3.00 per session 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>

<p>THURSDAY 9th, 16th, 23rd and 30th May</p> <p>No lunch on 2nd May Hall is used as a polling station.</p>	11.00 - 12.00	<p>CHAIR-BASED EXERCISE SESSION £1.00 with Tina in the Main Hall no exercise on 2nd and 9th May</p>
	12.30pm please be on time!	<p>THURSDAY LUNCH 2-course hot meal (main meal and dessert) please book your place, £5.50 per person no lunch on 2nd May</p>
	13.30 - 15.30	<p>FREE</p> <p>KNITTING GROUP Bring your own knitting. We have some spare needles and wool. Let us know if you would like to join.</p>
	14.00 - 16.00	<p><u>AFTERNOON PROGRAMME IN THE HALL</u> 9th May: Prize Bingo 16th May: FILM AFTERNOON: 'Wicked Little Letters (2024) Starring: Jessie Buckley, Olivia Colman, Timothy Spall 23rd May: QUIZ AFTERNOON 30th May: OPEN MIC (1.30pm) followed by BINGO</p>
	16.15 – 17.30	<p>NIGHTINGALE SINGING GROUP PRACTICE Please let us know if you are interested to join, we always need new voices!</p>
<p>FRIDAYS 3rd, 10th, 17th, 24th and 31st May</p>	10:00 - 15:00	<p>CRUSOE CLUB A special club for the visually impaired older people, referrals only!</p>
	10:00 - 10:45 and 11.00 - 11.45	<p>STRENGTH AND BALANCE EXERCISE with Crystal £3.00 per session – please call us to check availability if you are interested to start these sessions. No exercise session on 31st May</p>
	11:00 - 14:00	<p>COMPUTER SUPPORT/DIGITAL INCLUSION DROP-IN with our volunteer Gerry 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. No sessions on 3rd May – Gerry is away!</p> <p>FREE</p>

SUNDAYS 12 th and 19 th May	11.00 - 3.00	SUNDAY LUNCH CLUB Please book your place for a Roast Dinner and Dessert, £6.00 per person
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OUR COFFEE MORNINGS

MONDAYS (except Bank Holidays)



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 TINA2 AT BLACKFRIARS SETTLEMENT:
EVERY FIRST MONDAY OF THE MONTH: **13th May** (due to Bank Holiday)
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 9th May, Thursday 16th May and Friday 24th May. 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 30th May**. 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 by calling or emailing the team.

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.

OUTING TO TOBY CARVERY EDEN PARK

Our hall is used as a polling station on **Thursday 2nd May**, and we have to cancel our Thursday lunch at Blackfriars Settlement. Why not join us at Toby Carvery at 11.30am for a lovely Roast lunch. Midweek carvery costs £9.79.

Trains from London Bridge to Eden Park leave every 15 min and take around 30min.



Holiday to Warner Lakeside Coastal Village in Hayling Island

6th – 10th May

All members booked, please be at the Settlement on Bank Holiday Monday 6th May by 9.30am latest.

Unfortunately you cannot bring the luggage on Sunday, as Sunday club will be closed.



BLACKFRIARS WANDERERS

Tuesday 21st May

Walk in Holland Park Kensington and see the Kyoto Garden
Have a light lunch or bring a packed lunch.

Meet Pauline at Bus stop Z for bus 148 outside London College of Communication near Elephant and Castle, at 11am. Please let Pauline or the team know if you are interested in joining the group.

KEW GARDENS FREE ENTRY TICKETS

We are very happy to be able to offer our members free tickets for Kew Gardens. We have some tickets for **Thursday 23rd May and Friday 24th May**.

Please let the team know if you are interested. You have to make your own way to Kew Gardens.

Best way to travel by train or tube:

By Train: Take a train to Richmond or Kew Bridge station and walk to the gardens

By Tube: Take the District Line to Kew Gardens station and walk to the gardens





*In the symphony of life, where melodies
blend,
There's Salim, a maestro whose
knowledge has no end.
From the golden tunes of the '50s' to
the beats of today,
His wisdom spans eras, guiding the
way.
With a voice that echoes through the
halls of time,
He sings of love, joy, and the sublime.
A wonderful soul, a singer of faculty
rare,
In his songs, the heart finds solace and
care.*

POETRY EVENING AT THE SETTLEMENT AND ON ZOOM

**Every last Friday of the month
Friday 31st May at 7pm**

Come along or 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.

Poem written by our Crusoe club for our member Salim

JAMMING SESSION at the Settlement



Every other Friday afternoon from 4-6pm

Next session will be on Friday 17th May! Bring your own instrument, if you have one and enjoy a couple of hours of making music!



DATES FOR THE DIARY:



COACH TRIPS TO THE SEA SIDE

- Thursday 20th June – WORTHING
- Thursday 4th July – EASTBOURNE
- Friday 26th July – EASTBOURNE – this trip is for our visually impaired group and their volunteers, only a few spaces left
- Thursday 15th August – HASTINGS

Please book your seat. £18.50 per person. We started taking payments for Worthing now.

SUMMER PARTY with BBQ and DISCO

Friday 2nd August – more information to follow



Our **CREATE MUSIC WORKSHOP** ended end of April with a lovely sharing performance by our members. They wrote their own song with lyrics and made soundtracks to film of nature. We are so proud of our members' creativity and musical talent. A big Thank You to CREATE team who facilitated the workshops.

How to contact the Positive Ageing team:

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

Tina.johnston@blackfriars-settlement.org.uk

Siggy: sieglinde.cosias@blackfriars-settlement.org.uk

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