



## POSITIVE AGEING @BLACKFRIARS

Our service for everyone 60+  
**FEBRUARY 2025**



### OUR WEEKLY PROGRAMME

All activities take place at the Settlement unless stated otherwise.

<p><b>MONDAYS</b> 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> February</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> 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> 25<sup>th</sup> February</p>	<p>11:00 - 12:00</p> <p><b>FREE</b></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).</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 Come along and give it a try.</p>
<p><b>WEDNESDAY</b> 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> February</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 with Jenny. Have a cup of tea, cake and a chat. <b>In February we will have Culture talks and Art workshops, making masks inspired by the traditional masks of Ivory Coast (more info page 4)</b></p>
	<p>15:30 - 17:00</p>	<p><b>SMILE INSIDE – SINGING FOR WELLBEING with Crystal £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! <b><i>No session on 5<sup>th</sup> February!</i></b></p>

<p><b>THURSDAY</b> 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> February</p>	11.00 - 12.00	<p><b>CHAIR-BASED EXERCISE SESSION £1.00</b> with Tina in the Main Hall</p>
	12.30pm please be on time!	<p><b>THURSDAY LUNCH</b> 2-course hot meal (main meal and dessert) please book your place, £6.00 pp</p>
	13.30 - 15.30	<p><b>FREE</b></p> <p><b>KNITTING GROUP</b> 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><b><u>AFTERNOON PROGRAMME IN THE HALL</u></b></p> <p><b><u>6<sup>th</sup> February: QUIZ AFTERNOON</u></b></p> <p><b><u>13<sup>th</sup> February: FILM AFTERNOON - 'Where the Crawdads Sing' (2022) American mystery Drama</u></b></p> <p><b><u>20<sup>th</sup> February: to be confirmed</u></b></p> <p><b><u>27<sup>th</sup> February: OPEN MIC (1.30pm) followed by BINGO session</u></b></p>
	16.15 - 17.30	<p><b>NIGHTINGALE SINGING GROUP PRACTICE</b> Please let us know if you are interested to join, we always need new voices!</p>
<p><b>FRIDAYS</b> 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> February</p>	10:00 - 15:00	<p><b>CRUSOE CLUB</b> A special club for the <b>visually impaired older people</b>, referrals only!</p>
	10:00 - 10:45 and 11:00 - 11.45	<p><b>STRENGTH AND BALANCE EXERCISE</b> with Crystal, a Postural Stability Instructor for over 13 years <b>£3.00 per session</b> Keep active and stay healthy, improve confidence and reduce fear of falling, stay independent. Exercises are adapted to suit your needs – please call us to check availability if you are interested to start these sessions, which also include Tai Chi for balance.</p>
	11:00 - 14:00	<p><b>FREE</b></p> <p><b>COMPUTER SUPPORT/DIGITAL INCLUSION DROP-IN</b> with our volunteer Gerry Get help with your computer, assistance with a tablet and your mobile phone. Use Word (to create documents e.g. letters, write memoirs etc), use Excel (create Spreadsheets), do your accounts etc), go on-line. <b><i>No session on 28<sup>th</sup> February and 7<sup>th</sup> March</i></b></p>

<p><b>SUNDAYS</b> 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> February</p>	<p>11.00 - 3.00</p>	<p><b>SUNDAY LUNCH CLUB</b> Please book your place for a Roast Dinner and Dessert, £6.50 per person</p>
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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: 10.30am-12.30pm**

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

**Community arts projects with the Art Academy** ongoing with artist Usva

**MONTHLY COFFEE MORNING WITH TINA2 AT BLACKFRIARS SETTLEMENT:**

EVERY FIRST MONDAY OF THE MONTH: **3<sup>rd</sup> February**

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 6<sup>th</sup> February and Friday 28<sup>th</sup> February.** 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 in (1.00-3.00pm)** and on **Thursday 27<sup>th</sup> February.** 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 Fridays, 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.**

Be creative

**BE  
CREATIVE**

## Mardi Gras ART session with MINT STREET MUSIC FESTIVAL



Culture talk and Art workshops  
making masks inspired by the traditional masks of Ivory Coast

**Wednesday 29 January 1.30-2.30pm:** Culture talk with Henri Gaobi, showing us masks from the Ivory Coast which are used during their 'Carnaval de Bouaké' as an introduction to our workshops starting the week after.

**Wednesday 5<sup>th</sup> February – 5<sup>th</sup> March:** One-hour art workshops during our Art session with Jenny. We are making masks (also papier-mache masks) with a Kaâgo drumming performance (Kaâgo is an African-style drumming group) on 5<sup>th</sup> March.

There will also be a Kaâgo performance on **Thursday 6<sup>th</sup> March after lunch (2-3pm)** in the hall.

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## Community arts projects with the Art Academy

With Artist Usva during our Coffee morning at Rowland Hill House  
every Wednesday 10.30am-12.30pm  
Please come along and be creative!



Some of the wonderful artworks of the group, which are currently exhibited at the Art Academy in Park Road!



## POSITIVE AGEING MEMBERSHIP

Please renew or start your membership again.

£10.00 per person for the whole year!

Please don't forget to put 20p in our honesty box on our Tea and Coffee Trolley when you make yourself a cuppa!

Thank you all for your support!

## CONGRATULATION AND WELL DONE TO TINA2 – OUR COMMUNITY HERO!



Tina Smith, our wonderful volunteer, was received Southwark community Hero award during the International Day of Older People. Tina truly deserves to be recognized for her extraordinary compassion and commitment to those she serves. Her impact is her relationship with Raymond, a visually impaired and deaf member who battled terminal cancer. During this challenging time, Tina stepped up as a beacon of hope and support in his life, accompanying Raymond to all his medical appointments and offer care and friendship.

We are very proud of Tina and thank her for all her support to our team!



### The Voice of our knitting group fell silent!

Margaret Darwish, who has been a dedicated member of our knitting group for many years, passed away peacefully on 1<sup>st</sup> January 2025, just before her 73<sup>rd</sup> birthday.

She will be sadly missed by the knitting group and all the members who knew her and the Positive Ageing team, but Margaret will live in our hearts and prayers for many more years to come.

May Margaret rest in peace in the garden of heaven surrounded by the angels.



### WORDS OF WISDOM

The Early Bird always gets the worm,  
But the second Mouse gets the cheese.  
Where there's a Will there's always Relatives,  
All buzzing around like bees.

Always keep your words soft and sweet,  
One day you may have to eat them,  
And always speak well of your enemies,  
One day you may have to greet them.

When you are arguing with an Idiot,  
Be quite sure he's not doing the same,  
If you fall behind early in Life,  
There's more time to catch up with the Game.

Those who cannot laugh at themselves  
Will just leave it for others to do.  
One good turn very often wins  
Most of the duvet for you.

Never hate yourself in the morning,  
Always sleep 'till the afternoon.  
You must never become superstitious  
As bad luck will follow on soon.

People are becoming willing to believe anything  
If you whisper it into their ear.  
It's extremely hard to stage a comeback,  
When you've only ever been here.

Never trust your life to a surgeon  
With bandages on his fingers,  
Never request a repeat performance  
From elderly Carol singers.

Everywhere is within walking distance  
If you have enough time,  
If flattery is getting you nowhere  
Bribery's not always a crime.

It's ok to take council from enemies,  
It may save you from the jaws,  
But don't take everyone at their word,  
Their wisdom may not be yours.  
(submitted by Reg O'Donogue – PA member)

### POETRY EVENING AT THE SETTLEMENT AND ON ZOOM



Last Friday of every month  
Friday 28<sup>th</sup> February 7-8pm

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.

### How to contact the Positive Ageing team:

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

Tina: [Tina.johnston@blackfriars-settlement.org.uk](mailto:Tina.johnston@blackfriars-settlement.org.uk) 07966 002193

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)

