

**Golden Years Programme – June 2021**

Activities will still run in small groups this month, please book your place in advance by calling  **07754 328 295** or email: [**goldenyears@spca.org.uk**](mailto:goldenyears@spca.org.uk)-activity information on next page

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| **DATES** | **ACTIVITY** | **VENUE** | **TIME** |
| **MON**  14, 21, 28 & 5, 12 July | **FELDENKRAIS EXERCISE**  Gentle exercises to improve movement, breathing and posture. Relieves pain & increases vitality | **SPCA** | **10.30am-11.30am** |
| **MON**  **7** | **ELEVENSES & ‘GIVING VOICE’**  Have tea & cake & meet Pascal Theatre Group who are running a storytelling project about memories | **SPCA**  ***Ladies-only session*** | **12pm-1.30pm** |
| **MON**  14, 21, 28 | **‘ELEVENSES‘**  Have a cuppa, cake and a natter | **SPCA** | **12pm-1.30pm** |
| **MON**  7, 14, 21, 28 | **GOLDEN YEARS SINGERS**  Fun session, no singing experience needed, join anytime | **SPCA** | **2pm-3pm** |
| **TUE**  8, 15, 22, 29 | **WALKS AROUND CAMDEN** Leisurely walk ending at a café | **SPCA** | **10.30am-12.30pm** |
| **TUE**  1, 8, 15, 22, 29 | **BOCCIA**  Fun seated indoor bowls session | **SPCA** | **1pm-2pm** |
| **WED**  **23** | **CALTHORPE VISIT WITH CAKE**  Join us at Calthorpe for a cuppa, cake and seated gardening activity | **CALTHORPE COMMUNITY GARDENS** | **11am-1pm** |
| **WED**  2, 9, 16 | **BINGO**  Win stake money for a full house | **SPCA** | **11.30am-12.30pm** |
| **WED**  2, 9, 16 | **BOOK CLUB**  Friendly book group for all. Free books available | **SPCA** | **1pm-2pm** |
| **WED**  2, 9, 16 | **COMPUTER CLUB**  Learn to email, use Facebook or Zoom | **SPCA** | **2.15pm-3.30pm** |
| **WED**  **30** | **INTERGENERATIONAL BREAKFAST SESSION**  Healthy breakfast & fun activity with the nursery children, parents & staff | GARDEN SPCA ***Only 8 spaces, please book*** | **10am-12pm** |
| **THUR**  **3** | **OUTDOOR CAFÉ**  Join us for a cuppa and a chat | **CAFÉ CARAMELLA**  86 Plender Street | **11am-12.30pm** |
| **THUR**  10, 17, 24 | **THURSDAY TRIPS**  10th Wellcome Collection  17th Tate Modern  24th Kew Gardens | **MEETING PLACE TO BE ARRANGED** | **9.30am-4.30pm** |
| **FRI**  4, 11, 18, 25 | **YOGA**  Gentle session that can be done on a chair or yoga mat | **SPCA** | **11am-12pm** |
| **FRI**  11, 18, 25 | **ART HISTORY**  No art knowledge needed, different paintings discussed each week. | **ON ZOOM**  Meeting ID: 999 2875 0840  Passcode: 936888 | **12pm-1pm** |

**ACTIVITY INFORMATION**

**MONDAY 10.30am-11.30am Feldenkrais (SPCA**)

Improve your health with Feldenkrais which is suitable for anyone, but particularly for those in chronic pain. It improves health and wellbeing by raising awareness of movements, breathing and posture. It retrains the body to move in more efficient ways, breaking out of unhelpful movement patterns and learning new ones.

**MONDAY 12pm-1.30pm Elevenses & Giving Voice Project - ladies only project (SPCA)**

Join us for tea and cake and meet Pascal Theatre Group who are running a Giving Voice Project where they are inviting women to share their stories for an online storybook. You will have a chat with the theatre group, they will learn a little about you and then discuss a possible story to share. You are then matched with a professional writer who you can collaborate with to produce a short text that is then recorded by an actor and added to the storybook. Contact between you and the writer can be done by phone, email or Zoom, whatever suits you best. You don’t have to use your real name.

**MONDAY 2pm-3pm Golden Years Singers (SPCA)**

It doesn’t matter if you can’t sing, or don’t think you can, come along and join anytime. Please book.

**TUESDAY 10.30am-12.30pm Walks Around Camden (Meet outside SPCA)**

Have a gentle walk around the local area and end up at a café. Please book.

**TUESDAY 1pm-2pm Boccia (SPCA)**

Seated all-ability indoor bowls game where you have to hit the target or ‘jack ball.

**WEDNESDAY (23rd) 11am-1pm Monthly visit with tea and coffee (Calthorpe Community Gardens, 258-274 Gray’s Inn Road, WC1X 8LH)**

A monthly visit with tea and cake and the option a seated gardening activity. Meet by the café in the gardens. Please book.

**WEDNESDAY 11.30am-12.30pm Bingo £3 per game (SPCA)**

Win the stake money for each game, plus raffle. Please book.

**WEDNESDAY 1pm-2pm Book Club (SPCA)**

Friendly, book club & we have free copies. If you would like to listen to the discussion without reading, you are welcome. Please book.

**WEDNESDAY 2.15pm-3.30pm Digital Inclusion Computer Club (SPCA)**

Friendly drop in session where you can learn to send emails, do online shopping, use Zoom or Facebook. You can come along as and when you like. Please book.

**WEDNESDAY (30th June) 10am-12pm (Garden at SPCA)**

Join the nursery children, their parents and SPCA staff for an intergenerational healthy breakfast and fun activity. Only 8 places available, you won’t be able to join on the day, so please book.

**THURSDAY (10th & 17th) Day Trips**

Join us for a day out at a museum or gallery. Meeting place to be arranged. Limited places, please book.

**FRIDAY 11am-12pm Yoga (SPCA)**

Relaxing all-ability yoga session that can be done either sitting in a chair or on a yoga mat. Please book.

**FRIDAY 12pm-1pm Art History (On Zoom)**

Friendly session where no prior art knowledge is needed. You will learn about the artists and paintings you love. Different paintings are discussed each week so you can drop in as and when you like.