

Our Three Points Spring 2018 programme

Our Three Points is a diverse network of people aged 60+ in the Gospel Oak and Haverstock areas.

Weekly clubs

Knit, Make & Sew

A class for those interested in craft and learning new skills in all things textile.

Wednesdays @ 1:30 - 3:30pm
The Haven Dance Studio, 23
Castlehaven Rd., NW1 8RU
£5 per term.

Circuit health & fitness class

A great workout class involving a variety of different exercises to increase your core strength, flexibility and coordination.

Thursdays @ 3 - 4pm
Clarence TRA Hall, Bradfield
Court, NW1 8RN
(£3, or free if you're a CCA
member)

Chair-based exercise class

Meet our friendly tutor Azmal for laughter and simple mobility exercises suitable for all.

Mondays & Fridays @ 10 - 11am
Queen's Crescent Community
Association, NW5 4QE
£1

Coffee morning

All welcome to drop by for a tea, coffee and a chat. We also hold discussions, advice clinics and...murder mysteries.

Mondays @ 11 - 12 noon
Queen's Crescent Community
Association
FREE

Kentish Town City Farm 60+ Gardening Club

Drop-in to our friendly gardening club. Have a cup of tea, a chat and harvest the fruits of your labour!

Thursdays @ 2- 4pm
Kentish Town City Farm
FREE
Starting 26th April

Events

Queen's Crescent Social Lunches

We meet monthly on Wednesdays to share a 3 course lunch together, and for crafts and games.

18th April, 16th May, 13th June,
11th July

12-2pm @ Queen's Crescent
Community Association

£3



Gentle yoga class

Join us for some gentle stretching and breathing exercises in this over 60s yoga class. All abilities welcome.

Thursdays, 19th April - 7th June.

3 - 3:45pm @ Kentish Town City

Farm

FREE



South Asian Dance Workshop

Come along to our 10 week dance series with professional classical Indian artists. No previous dance experience necessary and open to all abilities!

Mondays, 16th April - 18th June

2-3pm @ Queen's Crescent

Community Association

FREE



Songhaven music concert

The renowned Songhaven will be bringing music to the farm, with a live pianist and soloist. Afternoon tea & sing-alongs of popular tunes also provided!

29th May

2-3:30pm

Kentish Town City Farm

£3 - contact Jo for tickets



Monthly Spring walks

Join our friendly walk guides for a steady walk around our local area, making time for bench stops, parks and of a cup of tea.

26th April, 31st May - Meet at The

Living Centre, NW1 1DF.

28th June - Meet at Kentish

Town City Farm.

10:30am - 12:30pm

Join our steering group! Our Three Points is led by its members. Get in contact to help shape it.

Contact us

Jo Hynes

0741 9820 503/ abc@kcityfarm.org.uk

