



January events

DATE	TIME	EVENT	WHERE	INFORMATION
Thursday 2nd	2.00pm	Sketch Club	Garden Room	All abilities welcome
Friday 3rd	10.30am	Bridge Club	Garden Room	All abilities welcome
Monday 6th	10.30am	Bridge Club	Garden Room	
Tuesday 7th		<ul style="list-style-type: none"> • No drop-in today 		
Wednesday 8th	10.30am	Introduction to Meditation & Mindfulness	Chapel	Guided exercises to reduce stress and manage your mood. All welcome, just turn up
Wednesday 8th	2.00pm	Bingo	Garden Room	Prizes on every game and a £1.00 rolling jackpot
Thursday 9th	2.00pm	Sketch Club	Garden Room	
Friday 10th	10.30am	Bridge Club	Garden Room	
Monday 13th	10.30am	Bridge Club	Garden Room	
Tuesday 14th	10-12.00	Drop-in morning	Garden Room	Refreshments, games and chat.
Tuesday 14th	2.00pm	Healthwatch Talk	Garden Room	Talk & feedback about your experiences of using NHS and social care services. Just turn up
Wednesday 15th	10.30am	Meditation & Mindfulness	Chapel	
Wednesday 15th	2.30pm	Film Club – Calendar Girls	Chapel	Just turn up
Thursday 16th	2.00pm	Sketch Club	Garden Room	

Friday 17th	10.30am	Bridge Club	Garden Room	
Friday 17th	3.00pm	Out & About group meeting	Garden Room	All welcome to discuss future outing ideas
Monday 20th	10.30am	Bridge Club	Garden Room	
Tuesday 21st	10 – 4.00	Friends & Neighbours outing to RAF Museum, Hendon		Cost £9.50 including partial tour. Café and shop. Book with Pat Platt
Tuesday 21st	10-12.00	Drop-in morning	Garden Room	
Wednesday 22nd	10.30am	Meditation & Mindfulness	Chapel	
Thursday 23rd	2.00pm	Sketch Club	Garden Room	
Friday 24th	10.30am	Bridge Club	Garden Room	
Monday 27th	10.30am	Bridge Club	Garden Room	
Tuesday 28th	10-12.00	Drop-in morning	Garden Room	
Wednesday 29th	10.30am	Meditation & Mindfulness	Chapel	
Wednesday 29th	2.30pm	Film Club – The Lion King (2019)	Chapel	Just turn up
Thursday 30th	2.00pm	Sketch Club	Garden Room	
Thursday 30th	2.00pm	Prayer group	Chapel	All welcome. Just turn up
Friday 31st	10.30am	Bridge Club	Garden Room	

Services take place in the chapel every Sunday at 10.30am (Eucharist) and 5.00pm (Evening Service) unless otherwise advertised. All are welcome.

Transport can be arranged to all events (unless specified) if you have no other options or are unable to use public transport. Speak to your Scheme Manager for more information. All events are **FREE** of charge to residents unless stated otherwise in the information column.

For more information on events see the latest edition of The Almshouse News or check noticeboards.