



Ageactivity 60+

Classes and Clubs
Autumn/Winter 2018/19

Funders & Partners



Welcome to Ageactivity!

We are a club for people over 60, based at the award winning Castlehaven Community Association in Camden. We run a huge variety of activities and events for members to enjoy, increase their connections with others and get involved in our community. At Ageactivity there's something for everyone: we would love for you to join us!



Become a member

Membership gives you access to our classes and clubs and a discount on all of our trips, as well as access to a range of special events and members-only communications. Even better, it costs just £20.00 per year! You can join whenever—your membership will last for a year from when you sign up.

Find us

The Haven
23 Castlehaven Road, NW1 8RU

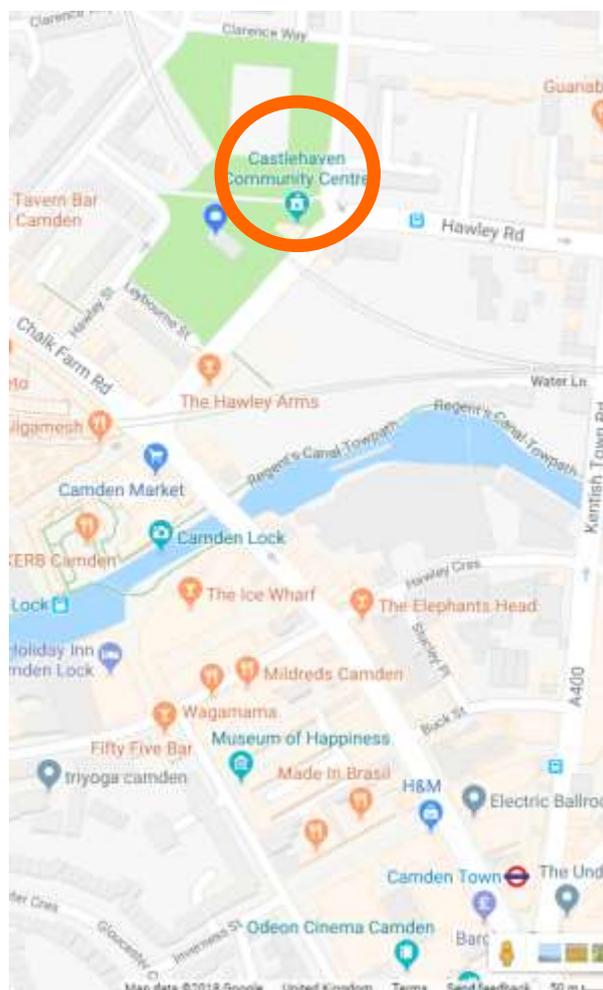
Phone:
020 7692 2238

Email:
rosa@castlehaven.org.uk
phoebe@castlehaven.org.uk

www.castlehaven.org.uk

[facebook.com/
castlehavencommunityassociation](https://facebook.com/castlehavencommunityassociation)

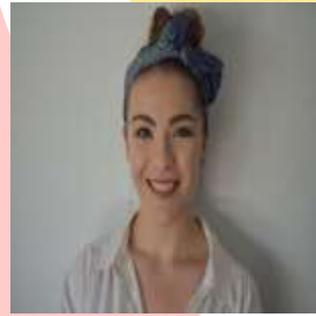
Nearest Stations:
Camden Town, Camden Road, Chalk
Farm, Kentish Town West



Meet our Team



Rosa Noel
Ageactivity 60+
Project Manager



Phoebe White
Ageactivity 60+
Project Coordinator

Meet our Steering Group

The Ageactivity Steering Group is a friendly team of Ageactivity members who meet every two months to shape our programme of activities and events, discuss policies and review members' issues and requirements. Please contact us if you would like to get in touch with any of them. We are always on the look out for new Steering Group members too - so please let also let us know if you'd like to get involved!



Helen

Cathy

Irene

Franco

Michael

Anne



Linda



Jean



Tony



Schuylla

Weekly Classes

Tuesday	Wednesday
<p>Chi Kung Energy Class 11am—12pm Haven Dance Studio <i>FREE for Members or £3 per class</i></p>	<p>Zoe's Art Class 10am - 12pm Haven Dance Studio <i>FREE for Members</i></p>
<p>Sing Up, Sing Out Community Choir 12.15pm - 1.45pm Haven Dance Studio <i>FREE for Members</i></p>	<p>Chi Kung Energy Class 11am-12pm Kelly Street Hall <i>FREE for Members or £3 per class</i></p>
<p>Tai Chi 2pm - 3pm Haven Dance Studio <i>FREE for Members or £3 per class</i></p> <p>Followed by optional Advanced Tai Chi Haven Dance Studio 3pm - 3.30pm</p>	<p>Ballroom Dancing— Newcomers 12.15pm-1.30pm Kelly Street Hall <i>FREE for Members</i></p>
	<p>Line Dancing 1.30pm - 2.45pm Kelly Street Hall <i>FREE for Members, booking essential</i></p>
	<p>Knit, Make and Sew 1.30pm - 3.30pm Haven Dance Studio <i>FREE for members, £5 materials fee per term</i></p>



Thursday

Easy Yoga
10.30am - 12pm
Haven Dance Studio
FREE for Members

Friday

Line Dancing—Regulars
10am - 11.15am
Kelly Street Hall
FREE for Members, EXISTING MEMBERS ONLY

Circuit Health & Fitness
Class
3pm—4pm
Kelly Street Hall
FREE for Members or £3 per class

Ballroom Dancing—
Regulars
11.15am - 12.30pm
Kelly Street Hall
FREE for Members, EXISTING MEMBERS ONLY



For more information please call us, email us or visit our website!

Classical Music Appreciation

1st Tuesday of the month, 2pm Haven Cafe
Listen in and learn more about some
well-loved composers.

2nd October: Romeo & Juliet music by
Tschaikowsky, Prokofiev & Bernstein
6th November: Benjamin Britten War
Regime

4th December: Handel Messiah
No session in January

5th February: The Planets...Holst

5th March: English Classical Music



Music Appreciation

3rd Tuesday of the month
2pm in the Haven Cafe

Join us to enjoy some great
contemporary music

16th October: South Pacific

20th November: Barbara Streisand in Las
Vegas

18th December: Frank Sinatra in concert
No session in January

19th February: Bernadette Peters sings
mostly Sondheim

Coffee Mornings

Selected Fridays

10am—11.30am in the Haven Café

2nd November: Meet the newbies

Come along and meet all new staff of CCA and find out what they do here.
14th December: Guest speaker from Smart Energy: Offering advice
and information on the benefits of having a smart energy meter.

1st February 2019: Guest speaker Nureen: A chef and teacher
offering advice and information on nutrition.

1st March 2019: Guest speaker from Mind in Camden: Talking about
their organisation and mental health.

Ageactivity Soup Club

Last Friday of the Month

12.30pm—2pm

Haven Cafe

Join us for a delicious and nutritious lunch cooked by your fellow members!

50p suggested donation.



Monthly Members' Birthday

Celebration Tea

First Friday of the Month

Haven Cafe

1pm—3pm

On the month of your birth you'll be invited to an extra special Birthday Party—you can even bring a friend along for the fun!

Over 55s Bocchia

In association with other local community groups

Monthly

Venues around Camden

Very similar to bowls, with a whole host of physical benefits! So why not come along and give it a go?



North London Stories

In association with North London Cares

First Saturday of the Month

Haven Dance Studio

Join this friendly group of older and local neighbours who meet once a month to share everyday stories over a cuppa, before bringing them together in a popular podcast!

Please call Andy on 020 7118 3838 or email:

andy.naylor@northlondoncares.org.uk
for more information

For more information please call us, email us or visit our website!

History Club

First Monday of the month, 2pm in the Haven Dance Studio
Free for members

15th October	The Windrush Exhibition at The Library As part of Black History Month! Meet at CCA at 2pm
5th November	A trip to Lauderdale House in Highgate. Discover some of the hidden features and stories of the people who have lived here. Meet at CCA at 1.15pm
3rd December	Streets of Inspiration....Dickens & Camden Tudor Allen returns to explore the connections between the life and work of Charles Dickens and the area we know as Borough of Camden
4th February	Castlehaven through the years Come along and hear our CEO Eleanor Botwright talk about Castlehaven from the beginning to now and all the changes between
4th March	A trip to the RAF Museum for the anniversary of the spitfire Meet at CCA

Experience our cinema projector with great sound and picture!
Last Monday of the month 1pm in the Haven Dance Studio
Just £1 for drinks and snacks throughout the film

29th October	Hocus Pocus (1993) An American comedy horror fantasy film directed by Kenny Ortega Starring: Bette Midler, Kathy Najimy and Sarah Jessica Parker
26th November	Funny Lady (1975) Story of singer Fanny Brice's stormy relationship with showman Billy Rose. Starring: Barbara Streisand, James Caan and Omar Sharif
17th December	White Christmas (1954) A song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general. Starring: Bing Crosby, Danny Kaye and Rosemary Clooney
28th January	What We Did On Our Holiday (2014) Doug and Abi take their kids on a family vacation. Surrounded by relatives.
25th February	Shirley Valentine (1989) an award-winning 1989 British romantic comedy-drama. Starring: Pauline Collins as the middle-aged housewife.
25th March	Mamma Mia, Here We Go Again (2018) Part 2 of Mamma Mia where Sophie learns more about her mothers past as she re-opens Hotel Bella Donna

Cinema Club



Ageactivity 60+ Helping Hands

Do you have some spare time?

Fancy giving something back to your community?

Maybe have a skill you'd like to share?

Then why not get involved with Helping Hands, our volunteering programme here at Ageactivity 60+!

Whether you've got a spare hour to give, or would like to help out regularly, we'd love to have you. We can also help you to link up with other local charities, and assist with fundraising, DBS checks and other paperwork.

Call Phoebe on 020 7692 2238 or email phoebe@castlehaven.org.uk to find out more!

Christmas Carols with the Littlehaven Nursery

Friday 14th December

10.30 am and/or 3.30pm in the Littlehaven Nursery

FREE for members, please let us know which session you'd like to attend!

Come and celebrate the Christmas season with our little people in the nursery. They will be learning two carols to sing to their parents/carers and would love to sing along with you too!

There will also be a grotto with our very own Santa and refreshments for you to enjoy!

For more information or to pick up a song sheet please contact us at the Ageactivity office.



Ageactivity Art Club in the Hub!

Every other Friday starting **2nd November!**

10.30am-12pm **FREE** for members

Join new staff member Nichola in our Horticultural Hub for a fortnightly art club starting in November. Nichola will provide materials and objects to explore and draw whilst offering tips and advice to anyone who needs it. All abilities welcome



Chess Club

Monday's 3.45-4.45pm In the Haven Café

FREE for members

Have you always wanted to learn chess and never got round to it? Or are you a keen chess player that could teach people a thing or two? Why not join our after-school chess club with skilled tutors to teach you everything you need to know. This club is open to all ages and will be attended by school children too.

Conversational Chinese Language Classes

Tuesdays from 10am—10.45am in the
Haven Café

FREE for members, please book!

Join member and teacher Siew Kit to
learn some basic conversational
Mandarin and Cantonese!



Winter Essential Oils

Monday 18th February 2019

2pm in the Haven Dance Studio

FREE for Members

Member Katherine will be returning to
share the potential health benefits
and uses of her Winter Essential Oils!

4 Week Learning to speak Italian basics

Starting Monday 15th October

11-12pm in the Haven Café Free for
Members

Join member and teacher Franco
Fioravante to learn some some
basic conversational Italian.

Happiness Workshops

5th & 19th November

11am-1pm

Join us for this two part work-
shop where you will learn
different methods of feeling
more happier and ways to
maintain that feeling. In the
second workshop there will be a
happiness bingo game to play!



Ipad Basics Course is back!!!

3 weeks from Wednesday 14th Nov

2-4pm in the Haven Café

FREE for members, please book!

Sign up for this three week course to
learn all the essentials you need to
get started with a tablet computer.
Ipad will be provided for the session.

Explore beautiful surroundings at a leisurely pace with our Social Walking Club!

Every other Thursday. Free for Members, all welcome.

Meet at the Haven at 9.45am for a 10am departure.

We travel to our destination by public transport - please bring your freedom pass.

Social Walking Club

4th Oct	Hampstead Heath to Kenwood House	3 miles Moderate
18th Oct	Hyde Park Princess Diana's Fountain	1-2miles Easy
1st Nov	Queen Elizabeth Olympic Park	1-2 miles Easy
15th Nov	Golders Hill Park	2 miles Easy
29th Nov	Ruislip Lido & Xmas Lunch Booking will be required! We will notify the group beforehand	2 miles Easy
13th Dec	Walk along the Southbank to London Bridge	2.miles Easy
10th Jan	CCA to Baker Street through Primrose Hill	2-3 miles Moderate
24th Jan	Walk and visit the V & A Museum	2 miles Easy
7th Feb	Clisold Park	2-3 miles Moderate
21st Feb	Bromley by Bow & Mill House	1-2 miles Easy
7th March	Walking Club Meeting <i>Come along and help us plan our next programme of walks!</i>	10am at CCA
21st March	Ragged School Museum	3 miles Moderate

FAQs: Classes and Clubs

What type of clothing should I wear?

If you are partaking in an exercise class we advise you to wear clothing you can move comfortably in and supportive footwear. Also bring a bottle of water.

How do I register to join a class?

All members are welcome to any of our classes just ask a member of staff if you are unsure where to go. Non-members will need to fill in a registration form for each class and pay a small attendance fee. Our tutors keep weekly registers of all enrolled members and will keep this information for the Ageactivity database.

How early can I arrive for my class?

Ageactivity appreciate that you may want to be a few minutes early for your class, however our

buildings are in constant use. *We require our members to arrive no earlier than five minutes before their class commences, otherwise you may be asked to leave until the class starts.*

Why are the times and dates of classes sometimes changed?

Ageactivity have a number of classes that run to different timetables due to funding and volunteer commitments. We endeavour to inform class members and Ageactivity members of class cancellations, dates and times. Classes/Clubs may be cancelled due to unforeseen circumstances. Please accept our apologies if you do not get informed of cancellations.

Our friendly Over 60s Social Walking Club is for all members to attend and enjoy. The pace of the walks is a slow amble, so you can enjoy walking in beautiful surroundings at your own pace while enjoying each others company. We use public transport to get to our walk destinations. Please bring your Freedom Pass.

If you'd like to join us, unless otherwise stated, please meet at

The Haven Building, 23 Castlehaven Road, London, NW1 8RU. Arriving at 9.45am will ensure we have a prompt 10am departure.

A few important Walking Club guidelines:

- Please double check each walk before you join us. We've also listed the distance and difficulty of each walk, so you can get an idea of whether it's right for you.
- We have walkers of different abilities so we ask you to be tolerant.
- Our walks will always be led by our friendly Walk Leaders (including a first aider); please let them know if you have any questions or concerns during the walk.
- The group will travel to the destination together, walk for a little while, stop for lunch or a break, and then complete the walk.
- As we can't guarantee places to buy lunch en route, please bring a packed lunch and a bottle of water with you along with snacks, medication etc.
- Dress sensibly and comfortably! Bring layers during cold weather and wear lighter clothes and sun cream when it's hot. Please wear supportive footwear.
- All of our walk routes have toilet facilities along the way.
- If you would like to leave the group early for any reason, please notify the Walk Leader before leaving the group.
- Destinations are subject to change at late notice due to weather conditions and /or disruptions to public transport services.
- Road safety is paramount and we ask all members to cross roads at designated crossings and adhere to the rules at pedestrian crossings.

