BARNET SENIORS' ASSOCIATION

A Voice for Older Residents

BSA E-Bulletin No 37

The next e-bulletin will be sent out on the 4th June 2018, for inclusion please send details by 31st May

"GREAT NEWS"

It is with great excitement that Barnet Seniors' Association has been selected as one of the three nominated Volunteer Organisations for the Month of May at Waitrose in High Barnet for their Green Disc Scheme. Please support Barnet Seniors' Association when you shop at this Waitrose during the month of May 2018 by putting your Green Disc in the Barnet Seniors' Association section.

We will let you know how much money was raised through your support and effort.

Barnet Seniors' Association thanks you in advance for your help.
If you know of anyone else who could help, please forward this e-bulletin on to them.

Barnet Seniors' Association – Spring Assembly 2018 – Bridging the Age Gap

Old and young coming together to make friends, share interests and learn from each other

ALL WELCOME

Venue:	Woodhouse College, Woodhouse Road, Finchley, London N12 9EY Buses 134 & 221 stop right outside Woodhouse College and no. 43 stops nearby It's a 5 minute walk from Tally Ho Corner bus station. On-site car parking
Date/Day:	Wednesday 30th May
Time:	10.30am to 2.30pm
Cost:	Free including light lunch There will be a raffle

Doors open at 10.30am for Refreshments and Browsing
Main Programme begins at 11.15am

Please advise if you have a specific dietary requirement

Contact:	For more information or to reserve a place, book a place or to book a stall, Please call Sue on 020 3778 0151 **If you still need to reserve your place please call Sue on 020 3778 0151**
Email:	bsabarnet@outlook.com
Website:	www.baseas.org.uk

This E-Bulletin is for general information. BSA takes no responsibility for any information provided by the organisations featured in our E-Bulletin.

If you would like to receive the BSA Newsletter and e-bulletin by email please
Contact Neill: Barnet Seniors' Association Insider Newsletter - Hon. Treasurer & Distribution Volunteer
Mobile: 07722 830397
Email: distribution@barnetseniors.org.uk
Website: www.baseas.org.uk

Weekly Social Afternoon

Venue:	NW7hub, Mill Hill Library Building, Hartley Avenue, Mill Hill, London NW7 2HX
Date/Day:	Wednesday
Time:	2.15pm—4.15pm
Cost:	£3 including tea and cake

Programme includes :
May 23rd - Scrabble, Quiz and Table Top games
May 30th - No session
June 6th - Singing for Health– A Come and Try it Event
June 13th - Playlist for Life– Discovering a Personal Playlist
A music initiative beneficial to all but especially to those with Dementia
June 20th - Stan the Man ... back by popular demand
Memories of the East End

Contact:	020 8906 3125
Email:	host@nw7hub.org.uk
Website:	

Volunteering Barnet – Volunteer's Week Fair

Venue:	The Arts Depot, 5 Nether Street North Finchley, London N12 0GA
Date/Day:	Wednesday 6th June 2018
Time:	From 1pm to 5pm
Cost:	FREE

We'll be celebrating this year's Volunteers' Week with our annual Volunteers' Fair. Come along for the chance to meet incredible organisations such as RSPB, Barnet Scouts and Jewish Volunteering Network and find out what they can offer you as a volunteer. No Need to book - The more the merrier!

Contact:	For more Information please contact Emily on 0300 365 9960
Email:	enquiry@volunteeringbarnet.org.uk
Website:	www.volunteeringbarnet.org.uk/events-and-training

Diabetes UK Barnet Group – Annual Quiz Tea

Venue:	Manor Drive Methodist Church Manor Drive, Whetstone N20 0DZ
Date/Day:	Sunday 3rd June 2018
Time:	From 4pm to 7pm
Cost:	£10 includes all the food you can eat & drink

Come on your own or bring a friend, no need to book just turn up

Contact:	For more Information contact Martin on 020 8205 0668
Email:	info@diabetes-barnet.org.uk
Website:	www.diabetes-barnet.org.uk

Over 55's Bollywood Dancing

Venue:	Watling Community Centre 145 Orange Hill Road, Edgware HA8 0TR
Date/Day:	Thursday
Time:	11 am - 12.30pm
Cost:	£3.50

Have fun while exercising, great for balance and coordination
Suitable for all abilities
Everyone Welcome

Contact:	Nila or Carolyn on 020 8629 0269
Email:	nila.patel@ageukbarnet.org.uk
Website:	

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Childs Hill Library – Coffee Morning

Venue:	Childs Hill Library 320 Cricklewood Lane NW2 2QE
Date/Day:	Mondays
Time:	From 10.45am - 12.45 pm
Cost:	FREE

Refreshments, Tabletop Games
Boardgames and an opportunity to meet new People

Contact:	For more Information contact Anthony
Email:	granvilleresidentsx@gmail.com
Website:	www.gera.onl

FREE Cycle Lessons & Bike Hire
For Barnet Residents living in Childs Hill

Venue:	Basing Hill Park, Wayside Childs Hill NW2 2NA
Date/Day:	Saturdays
Time:	From 12:00 – 14:00pm
Cost:	FREE

In conjunction with Cycle Confident we provide cycling lessons and local rides, All levels Welcome

Contact:	For more Information contact Anthony
Email:	info@thoch.org.uk
Website:	www.thoch.org.uk

Parkinson's UK, Brent/Barnet Branch

Venue:	Stephens House, East End Road, N3 3QE
Date/Day:	Wednesday 23rd May
Time:	19.30pm – 21.00 pm
Cost:	FREE

We hold monthly meetings for people with Parkinson's, their families, friends and carers. All are welcome to join us. The meetings always start with an expert speaker and also offer an opportunity to socialise with others in the same situation and chat about problems common to people with Parkinson's and those close to them
This month Dr Richard Reece, Clinical Research Fellow, University College London will make a most welcome return, to tell us about his latest research into Parkinson's.

Contact:	For general enquiries: post@bonnietaylor.net
Website:	www.parkinson's.org.uk

Parkinson's UK, Brent/Barnet Branch

Venue:	Stephens House, East End Road, N3 3QE
Date/Day:	See Details Below
Time:	See Details Below
Cost:	Varies for each activity

People with Parkinson's are also invited to join any of the following exercise classes to keep fit. Numbers are limited and on a first-come basis.

Mondays
Conductive Education - 11am – 12.15pm Edgware PD Unit
Musical Movement 13.30 – 15.00pm Edgware PD Unit
Tuesdays
Tai Chi 14.00 – 15.30pm Edgware PD Unit
Wednesdays
Tai Chi 14.00 – 15.30pm John Keble Church
Thursdays
Conductive Education 13.00 – 14.00pm Edgware PD Unit

Contact:	For general enquiries: post@bonnietaylor.net For the exercise classes: carolinevmonk@gmail.com
Website:	www.parkinson's.org.uk

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