



BARNET SENIORS' ASSOCIATION

A Voice for Older Residents

BSA E-Bulletin No 45

The next e-bulletin TBC

Barnet Seniors' Association – Volunteer Newsletter Editor needed

Barnet Seniors' Association issues this bi-monthly *Insider* Newsletter which is distributed to 10,800 homes and public buildings across the borough of Barnet. We are looking for a new Editor with some experience.

The role entails:

- inviting and copy-editing contributions
- selecting content which will interest older people
- design layout and format copy in Microsoft Word
- checking and proof-reading the final text

If you would like to have a chat about this Volunteering Vacancy Please contact Nila Patel

Phone: 020 3778 0151 Email: nilapatel16@yahoo.co.uk

If you know anyone who may be interested please can you forward the above details

Barnet Seniors' Association - Silver Sunday Afternoon Tea

Venue: Woodhouse College, Woodhouse Road, N12 9EY

Date/Day: Sunday 7th October

Time: 12:30 pm – 3:30 pm

Cost: Free

Senior citizens in Barnet, London's largest borough, are once again invited to bring their family or come along and make new friends at Barnet's fourth annual Silver Sunday afternoon tea party drop-in event on Sunday 7th Oct. 2018.

There will be a variety of entertainment to join in or simply sit back and enjoy, as well as lots of information on things to do and services and facilities available. And all this is free, organised by Barnet Seniors' Association (BSA) in tandem with the London Borough of Barnet. It is not necessary to book for the event: however, it would be helpful for catering purposes to let us know if you plan to attend. Please could you email Neill at distribution@barnetseniors.org.uk or leave a message on 0203 778 0151 and we will get back to you.

Barnet's Silver Sunday agenda is part of a nationwide programme led by The Sir Simon Milton Foundation to celebrate the value and knowledge that older citizens contribute to their communities. Everyone can get involved, whether it's spreading the word, helping to organise an event or simply attending an activity.

Silver Week activities will be taking place throughout the borough for the week beginning 1st October.

If you want to know what will be on in Barnet during this special week, visit your local Barnet library, go online to www.barnet.gov.uk/silverweek or view the Sept/Oct issue 20 of the BSA newsletter *Insider*. (Due out first week of September)

If you would like to contribute by running an event, please contact the Prevention and Wellbeing team on 020 8359 2519 or email preventionandwellbeing@barnet.gov.uk

Contact: For catering purposes contact Neill

Email: distribution@barnetseniors.org.uk

Website: <http://www.baseas.org.uk>

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BSA E-Bulletin V2 – 07-03-2017



Tai Chi – With Dee

Venue: Various Locations

Date/Day: Various Days Time: Various Times Cost: Various Costs

Tai Chi - The perfect exercise for relaxing the mind and improving the body
 Improves balance co-ordination and memory
 Helps joints and flexibility
 Helps strengthen the heart and the immune system
 Reduces blood pressure
 Helps circulation

The simple loosening and stretching exercises completely relax the body, develop more strength, stimulate circulation, open your energy channels, and improve peace of mind. By focusing attention on the breathing, you are able to improve your levels of concentration

Beginners Class - North London Synagogue 120 Oakleigh Road North N20 9EZ – Thursdays – 1.45pm – 2.45pm

The Bohemia Pub 762-764 High Rd, London N12 9QH –Tuesdays - 10.30am – 11.30am

Church House Wood Street, High Barnet, EN5 4BW – Tuesdays - 2pm - 3pm

Quaker Meeting House Alexandra Grove N12 8HG – Mondays - 5:00pm - 6:00pm

Class for those with Parkinson's or similar - John Keble Church Deans Lane HA8 9NT – Wednesdays - 2pm – 3.30 pm inc. Tea

Contact: Call Dee on 020 8445 6715 (mobile) 07882 281670 Email: cdee51@outlook.com
 Website:

Local Groups

Venue: See Below

Date/Day: See Below Time: See Below Cost: See Below

Walking group in Edgware starting on the 4th Oct 2017 at Edgwarebury Park, every Thursdays at 11:00am – 12:00pm, meeting at Pathway on Edgwarebury Lane entrance, Free event and everybody is welcome to join.

Mental Health Support group in Edgware starting on the 2nd Oct 2017 at Starbucks, Station Road, HA8. Every first Tuesday of the month 2:00pm – 3:00pm.

Contact: Contact Jo Kamanu on 0771 5617966 Email: joyce.kamanu@barnet.gov.uk
 Website:

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Good Neighbour Scheme for Mill Hill and Burnt Oak

Venue: Trinity Church on Mill Hill Broadway London NW7 3TB

Date/Day: Wednesday's Time: Start Time 2.15pm Cost: FREE but a box for donations is available

List of films being shown over the next 12 months.

The Broadway is accessible by several buses including 251, 113, 186, 221, 240. There is no fee

- 26th September - THE PROPOSAL
- 24th October - THE ODD COUPLE
- 28th November - OKLAHOMA
- 23rd January 2019 - FOUR WEDDINGS AND A FUNERAL
- 27th February 2019 - BREAKFAST AT TIFFANY'S
- 27th March 2019 - WHEN HARRY MET SALLY
- 17th April 2019- PLANES, TRAINS AND AUTOMOBILES
- 22nd May 2019 - OH! WHAT A LOVELY WAR
- 26th June 2019 - THE LION KING

Contact: Email:

Website:

Burnt Oak Better Leisure Centre - National Fitness Day

Venue: Burnt Oak Better Leisure Centre, Watling Avenue, Edgware HA8 ONP

Date/Day: Wednesday 26th September Time: 1.30 to 2.15pm Cost: Free

Adult Beginner Ballet Workshop

Experience the benefits an adult ballet class can provide including:

- Core strengthening
- Coordination
- Posture
- Flexibility

Contact: Please contact Annalisa on 020 8201 0982 Email: annalisa.Cellini@gll.org

Website:

JVN - Coffee Morning in NW4

Venue: Please call to get Venue Details

Date/Day: Thursday 4th October Time: 10am – 12noon Cost: Free

Come and hear from experienced volunteers about how volunteering can benefit your life in senior years.

Find a Volunteering opportunity to suit your skills and interests

Contact: For more info or to reserve a place please contact Rachel on 02082026427 ext 3 Email: rachel@jvn.org.uk

Website: www.jvn.org.uk

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Finchley Lido - MacMillan fundraising day

Venue: Finchley Lido Chaplin Square, Great North Leisure Park, London N12 0GL

Date/Day: Saturday 29th September Time: From 1pm Cost: £3.00 per Activity

Come along and support this great cause! Small donations are welcome!

Salsa Workshop: 1pm -1.45am - £3.00

Sport and relaxation massage With Therapist Saeid Motali - From 1.00pm with therapist £3.00 for 10 minutes.

Manicure With the senior therapist Riba Gholhaki From 2pm

Contact: Please contact Annalisa on 020 8201 0982

Email: annalisa.Cellini@gll.org

Website:

Copthall Leisure Centre – Neurobics Workshop Brain & Body Fitness

Venue: Copthall Leisure Centre Champions Way NW4 1PX

Date/Day: Tuesday 16th October Time: 2pm to 3pm Cost: Free to attend & free parking

NEW STRATEGIES TO IMPROVE:

- MEMORIES & COGNITIVE FUNCTION
- PROBLEM SOLVING
- SPEED OF REACTION
- STRESS MANAGEMENT
- BALANCE
- FLEXIBILITY
- MOBILITY
- GENERAL WELL-BEING Fix51Parts

Contact: Please contact Annalisa on 020 8201 0982

Email: annalisa.Cellini@gll.org

Website:

Copthall Leisure Centre – Silver Week

Venue: Copthall Leisure Centre Champions Way NW4 1PX

Date/Day: Wednesday 3rd October Time: From 10.45am Cost: Free to attend & free parking

Age UK Ageing Well: 11am -11.30am with Prof Catherine Loveday

Making the most of the second half of your life: 11.30am – 12pm with Lesley Trenner Life Coach

Hearing screening with information: From 12pm

with Richard Turner Barnet Community Support Officer Action on Hearing Loss

Contact: Please contact Annalisa on 020 8201 0982

Email: annalisa.Cellini@gll.org

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Memory Lane Singing Club - 25th Anniversary Showtime

Venue: St Mary's Parish Hall, Hendon Lane, Finchley Central N3 1TR

Date/Day: Friday 19 October Time: 11 am till 12.30 pm Cost: Admission Free

Participating in Silver Sunday

This year Memory Lane Singing Club celebrates 25 years of singing in the community. Please join us for this very special occasion

You are welcome to bring your friends, family, neighbours or carers to enjoy a selection of popular songs. Tea and biscuits will be served

Our hall is very spacious and has disabled access - We can accommodate wheelchair users

We need to know numbers so we can sit groups together

Contact: Please RSVP to Valerie on 020 8458 4508

Email: v.cowan@hotmail.co.uk

Website: www.memorylanesingingclub.co.uk

Information and Advice in Childs Hill

Venue: See list below

Date/Day: See Below Time: See Below Cost: FREE

Information Event for Adults – Monday 8th October 2018

- Information available from community stall holders
- Guest speakers include, AgeUK, The Reader, and Santander
- To find out what services and support is available in Childs Hill
- Information on ways to keep active and healthy

Venue: Childs Hill Library, 320 Cricklewood Lane, NW2 2QE

Time: 2-4pm

For more information contact the library on 020 8359 3900

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Hearing Screening and information Session by Action on Hearing Loss

Childs Hill Library, 320 Cricklewood Lane, NW2 2QE

Tuesday 2nd October 2018 - 2-4pm

Hearing screening session and information available on hearing loss and tinnitus.

For more information contact Richard 07811211172

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Hearing Screening and information Session by Action on Hearing Loss

Greenfield Medical Centre, 143-145 Cricklewood Lane, NW2 1hs

Thursday 11th October 2018 - 2-4pm

Also Information available on hearing loss and tinnitus.

For more information contact Richard 07811211172

Contact:

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AgeUK Barnet - Wellbeing Matters Open Information Day

Venue: Ann Owens Centre, Oak Lane East Finchley, N2

Date/Day: Friday, 5th October Time: 10.30 am - 12.30pm Cost: FREE ENTRY and REFRESHMENTS

Celebrating Silver Week 2018 - Enhance your wellbeing, and get practical advice for everyday life

Guest stalls include:

Scams Awareness & Prevention

Winter Warmer tips & advice

Good Health & Wellbeing services / activities

Information & advice

Contact: For more info call 0208 203 5040

Email:

Website: www.ageukbarnet.org.uk

Arts Depot North Finchley - Autumn/ Winter 2018 Matinee Events

Venue: 5 Nether Street, Tally Ho Corner, North Finchley N12 0GA

Date/Day: Various Dates Time: Various Times Cost: Various Prices

The Trench Tuesday 2nd October 2:30pm First World War epic about a miner trapped in a collapsed tunnel. Powerful visual theatre with puppetry by Les Enfants Terrible, nominated for an Olivier Award.

<https://www.artsdepot.co.uk/theatre/trench>

Perfectly Imperfect Women Thu 4 Oct 2018 2pm Multi-award-winning storyteller Danyah Miller explores what drives us to want to live perfect lives as mothers, daughters, wives, sisters, bread-winners. Comic and personal show performed by Danyah herself.

<https://www.artsdepot.co.uk/theatre/perfectly-imperfect-women>

Tomorrow's Warriors, Sun 7th Oct 1pm. Join us for free live jazz performed by young musicians during Silver Week when there will be celebrations & events across the borough celebrating and engaging older people.

Swinging at the Cotton Club Thursday 1st November 2pm – celebrating the music and dance of New York's iconic 1920s & '30s venue 'The Cotton Club'. This show has a live orchestra and dancers from The Lindy Hop Dance Company.

<https://www.artsdepot.co.uk/music/swinging-cotton-club>

High Society from the Piccadilly Dance Orchestra Thursday 31st January 2pm – a 12 piece orchestra perform hits from Cole Porter's original musical including Who Wants To Be A Millionaire? True Love and Now You Has Jazz. This will be added to our website later in the year.

At all our meetings, everyone is welcome, even if you are a friend /relative and come to give support or want to find out more.

Contact: For further info please contact Tim on 020 8369 5470

Email: Tim.Burley@artsdepot.co.uk

Website: <https://www.artsdepot.co.uk/theatre/>

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Memory Way Cafés

Venue: See Details below

Date/Day: See Details below

Time: See Details below

Cost: See Details below

Leonard Sainer Centre, Rectory Lane, Edgware, HA8 7LF - 1st Wednesday of the month 3.30-5pm.
For more information call 020 8951 3739. Donation of £7.00 per couple.

Edgware and Hendon Reform Synagogue, Stonegrove, HA8 8AB - 3rd Wednesday of the month 2.30-4.30pm.
Donation appreciated
For more information call 020 8238 1013.

Contact: Susan Dawson

Email: sdawson@jcare.org

Website:

Coffee Morning

Venue: M's Place 787 High Road London N12 8JT

Date/Day: 4th Tuesday of every month

Time: 10.30 - 12.00pm

Cost: Free - but please buy a drink.

It is a great way to meet local people and make new friends!

If any you or any of your friends have not joined us before, please ask them to come along.

The group is open to anyone [men and women] 55+

Looking forward to seeing you there

Contact: For more information contact Rosanna

Email:

Website:

It's never too late to feel FAB!

Are you a Barnet resident who enjoys being active, or would like to get moving more to improve your health and meet new people?

If you answered yes to any of the above, have you registered for your free Fit and Active Barnet (FAB) Card?

The FAB Card will give you a access to a range of benefits including up to 50 percent off of activity prices across Better leisure centres, discounted Barnet Health Walks and much more!

You can register for your FAB Card at any Better leisure centre in Barnet, or from the comfort of your armchair by visiting the FAB Hub at www.better.org.uk/fab-hub While registering why not browse the Hub where you will find an Activity Finder to help you locate an activity that's perfect for you. You will also find helpful guidance on how much physical activity you should be aiming to achieve in a week, inspiring stories from people who enjoy being active and more.

What's more, during Silver Week (1st – 7th October) Barnet Council will be offering FREE Health Walks to anyone aged 55 years and over. Led by friendly and qualified walk leaders, seven Health Walks are offered in Barnet each week, exploring some of the boroughs most beautiful parks and open spaces. For further info visit www.barnet.gov.uk/onthemove - no advance booking required.

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