

<b>Members of Dis Diamonds Havering Activities Nov 2024 printed 23/10 -for Over 50s Residents of Havering/Barking &amp; Dagenham/Redbridge</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>every Monday</b> DiamondGeezers 3pm meet HarrowPub Horn.		Every Wednesday <b>St Josephs Lunch Noon</b> <b>Upminster</b>	<b>Every Thursday</b> 3-5 Watercolour Zoom	<b>Every Friday</b> <b>10:30 Knit &amp; Natter Colley</b> <b>Rowe Pub</b>
<b>4</b> <b>12-2</b> Pipe Major Lunch & Bingo	<b>5</b> <b>11-12:30</b> City Gates Coffee Morn - Ilford	<b>6</b> <b>11-1</b> Create Art Hornchurch <b>12-2</b> King George V Lunch	<b>7</b> <b>1:30 -3:30</b> Thursday Chat Club Harold Wood	<b>8</b>
<b>11</b> 3pm Cocktails Moon & Stars Romford Ursawary Curry Hornchurch 5:30pm	<b>12</b> <b>11-1pm</b> Brunch Railway Hotel Hornchurch <b>11-1pm</b> Hainault Farm Coffee/Walk	<b>13</b> <b>11-1</b> Create Art Hornchurch 12-2pm Old Maypole Lunch & Quiz Hainault	<b>14</b> <b>1:30 -3:30</b> Thursday Chat Club  <b>10am</b> Horizon Trip meet Romford Station	<b>15</b> <b>10:15</b> Bowling Namco
<b>18</b> <b>10:30</b> Hornchurch Coffee Morning Queens Theatre	<b>19</b> <b>11.30-1.30</b> Dagenham & Redbridge Football Club <b>5:30pm</b> Mandarin Hornchurch 5:30pm	<b>20</b> <b>11-1</b> Create Art Hornchurch <b>12-2pm</b> Crowlands Lunch Dagenham	<b>21</b> <b>10:30</b> Romford Baptist Coffee Morn <b>12-2pm</b> Pipe Major Lunch & Bingo Dagenham <b>1:30 -3:30</b> Thursday Chat/IT Assistance Harold Wood Community Hub	<b>22</b> <b>1pm</b> Book Club BB Muffins Romford
<b>25</b> <b>3pm</b> Cocktails JJ Moons Hornchurch <b>12-2pm</b> Storia Lunch Woodford Green	<b>26</b> <b>10:15</b> Bowling Namco Romford <b>11-1pm</b> Fairlop Waters Walk/Coffee <b>4:30pm</b> Pearl Fish & Chips Early Supper Hornchurch	<b>27</b> <b>11-1pm</b> Create Art Hornchurch <b>1-3pm</b> <b>Kenneth More</b> Ilford afternoon tea singer and dancing	<b>28</b> <b>11am</b> Brunch Moon & Stars Romford <b>1:30 -3:30</b> Thursday Chat Harold Wood	<b>29</b>  Find latest events and share ideas and reminiscence with fellow Diamonds on your dedicated Facebook

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

## Regular Weekly Events

**Every Monday -Monday Meet up. 10:00 onwards must be pre booked – limited space** Come and meet up with fellow Diamonds for a chat and coffee. Variety of refreshments, cakes and snack available – Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Kim at 10:30. Why not stay on for lunch Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) lots of different activities or come for a chat –

**Must be pre-booked Note Monday sessions have a wait list, as group is full -unless already attending** – why not try Thursday afternoon club

**Every Monday Diamond Geezers 3pm-5pm** Harrow Pub Hornchurch 130 Hornchurch Road Hornchurch RM11 1DP Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. Call 01708 462611 [emberinns.co.uk](http://emberinns.co.uk) for information about menu Note closed Bank Holiday

**Every Wednesday St Josephs Lunch Noon Upminster** CWL Lunch Club 12 noon at St Joseph's Social Club, St Mary's Lane Upminster RM14 2QB 01708 222432. £6 for either hot or cold lunch, pudding, cake or tea. Everyone will be very welcome. Meet Marion Money raised is donated to charity please ensure prebook directly 01708 222432 –great price for 2 course lunch & tea closed for Summer Holidays

**Every Thursday 1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona/Ruth at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about – meet with other diamonds– chat/draw /play board games –feel free to bring own crafts – drawing paper & coloured pens available. **pre book if possible**

**Every Thursday free Watercolour Classes** every Thursday **3-5pm** with Artist Ioana Macovei on Zoom Popular very informal easygoing class please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to join group –Free ask for code. Open to all boroughs in Redbridge/Havering/ Barking & Dagenham

**Every Friday 10:30 -12:30** Knit and Natter – Every Friday 10.30-12, Colley Rowe Inn, Collier Row RM5 3PA. Bring crochet, knitting, cross stitch, sewing whatever you're working on or just come along for a chat. £1.50 for tea or coffee with refill. On the left as you go in, round table. Look out for Rene and other diamonds

**New To Disdiamonds or want to know more about Disdiamonds in Havering - please ask to book a coffee or Zoom or Telephone session with Fiona – New members welcome to attend Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30 –let us know beforehand if coming**

**want to know latest event join dedicated Disdiamonds Facebook <https://www.facebook.com/groups/583061935616098>**

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

**Monday 4/11/24 12-2pm Lunch followed by free bingo. Pipe Major**, 1, Yewtree Avenue, Dagenham, RM10 7FN

Large car park, Almost opposite Dagenham East station. We have our own area, pay for your own food and drink, bingo is free. Book early to avoid disappointment. *Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change*

**Tuesday 5/11/24 11-12.30pm Coffee morning with Jacinth, City Gates**, 25-29 Clements Rd, Ilford IG1 1B. Meet volunteer host Jacinth in the café. *Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change*

**Wednesday 6/11/24 11-1pm Creative Art Course part 1 of 6 at Park Rise Hornchurch 1- Pre booking essential**

*Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place*

**12-2pm Lunch King George V** 645 CRANBROOK ROAD, ILFORD, ESSEX, IG2 6SX King George V pub in Ilford | Greene King Pubs ([greeneking-pubs.co.uk](http://greeneking-pubs.co.uk)) 2 course £5.49, 3 courses £6.49. Buses 128, 150 167 from Ilford station, Shere Road stop CQ. *Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change*

**Thursday 7/11/24 13:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2.

Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Ruth & Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

**Monday 11/11/24 3pm Cocktails/coffee Drink up Moon & Stars Pub Romford** South Street Romford RM1 1NX — meet Laurie, Marion & Rene and other diamonds join other DisDiamonds to share cocktails and meaningful chat please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming

**Uraswamy's Indian Restaurant Early Dinner Hornchurch 5:30pm** – dinner £15 cash includes soft drink. Meet hosts Kath/Trevor at 17 High Street Hornchurch RM11 1TP for dietary requirements contact restaurant directly on 01708 443235 – to book a place email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Tuesday 12/11/24 Railway Hotel Restaurant Hornchurch** for Brunch 11am meet Lesley & Maryanne at Station Lane Hornchurch RM12 6SB -variety of special menus. Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary please contact restaurant on 01708 440028

**11-1pm Hainault Forest / Foxborough Farm visit and coffee/ brunch / lunch**

Meet in the new Woodland Trust Visitor centre by the second car park. Approx. 45 min to an hour to walk round and there are benches on the way but you need to be able to walk that far unassisted. Alternatively, you can stay in the café till we come back and take in the scenery. Suitable footwear required,

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



dress for the weather, we will just have a coffee morning / lunch if it's raining or too muddy. **Pre booking essential.** Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change due to weather

**Wednesday 13/11/24 11-1pm Creative Art Course part 2 of 6 at Park Rise Hornchurch 1- Pre booking essential**

Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place

**12-2pm Lunch and quiz Old Maypole**, Fencepiece Road, Ilford, Greater London, IG6 2NG. **247 bus** stops outside. Money off voucher and menu

<https://www.sizzlingpubs.co.uk/findapub/northwest/theoldmaypoleilford/signup>

Pay for what you eat and drink, free quiz. Meet new people. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Thursday 14/11/24 Horizon Trip 10am** Travel from Romford Station via Elizabeth Line to City Tallest Building -optional chance to walk around Leadenhall Market and Lunch at CrossKeys Wetherspoon Pub -Meet Hosts Rene & Laurie – must prebook Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) –this is a walking activity please state mobility when booking.

**13:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Ruth & Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

**Friday 15/11/24 Ten Pin Bowling** at Romford Namco Meet Ruth 10:15 outside MacDonalds for 10:30 start for bowling at the Brewery. Bowling and tea/coffee £9.95- email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) In order to reserve a place in your chosen team please advise by Monday before bowling day. Host Ruth. Please ensure advise Disdiamonds by Monday 11<sup>th</sup> November even those that have been before – so Ruth can draw up the teams.

**Monday 18/11/24 —10:30 -12:00 Queens Coffee Morning** at Queen Theatre Hornchurch RM11 1QT meet Angie and other diamonds in the Café area. Find out what is happening next month -Please advise Disdiamonds to book a place – if Harold Wood hub fully booked why not try Hornchurch

**Tuesday 19/11/24 11.30-1.30pm Dagenham and Redbridge FC** – Victoria Rd, Dagenham RM10 7XL **£10 pay on the day, singer Mark, tea and cakes** included. **Late cancellations / no show will still need to pay as singer etc. is funded by the attendees.** Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Mandarin Palace** Early dinner at 5:30pm with Trevor & Kath - 197 High Street Hornchurch RM11 3XT. Special Diamonds 3 course set meal £24 cash with soft drink and tea/coffee. Please Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Contact restaurant directly for dietary enquires only 01708438003

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



**Wednesday 20/11/24 11-1pm Creative Art Course part 3 of 6 at Park Rise Hornchurch 1- Pre booking essential**

*Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place*

**12-2 Lunch Crowlands Golf club**, Wood Lane, Dagenham, Essex, RM8 1JX <https://www.crowlandsheath.co.uk/contact-crowlands-heath/> Lunch and free hot drink, free putting green if you'd like to have a go. Buses stop right outside, large car park. Fully accessible.

**Pre booking essential.** *Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change*

**Thursday 21/11/24 Romford Baptist Church Coffee Morning** with Disdiamonds **10:30-12:00** –Meet Kath at Romford Baptist Church Main Road RM1 3BL opposite Town Hall/Police Station Meet Kath and other new members and discover what disdiamonds is about and what we are up to this month please let us know you are coming Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) or call

**12-2pm Lunch followed by free bingo. Pipe Major**, 1,Yewtree Avenue, Dagenham, RM10 7FN

Large car park, Almost opposite Dagenham East station. We have our own area, pay for your own food and drink, bingo is free. Book early to avoid disappointment. *Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change*

**1:30 -3:30 Thursday Chat Club Harold Wood & IT Support-** Coffee/Tea/ Biscuit. £2 charge Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available –**Have an IT problem book in with our expert for free advice**

**Friday 22/11/24 Book club –meet at 1pm** – BB Coffee And Muffins – Mercury Gardens Level2 Mercury Mall RM11 3EE- We will be discussing The Other Guest by Heidi Perks or any of her books. or perhaps a book you have recently read. For December, we will be discussing

**Monday 25/11/24 12-2pm lunch Storia** 8 Johnston Road, Woodford Green, IG8 0XA LUNCH MENU Lunch with a side and a drink £15 email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming

**3pm Cocktails/coffee Drinkup JJMoons Hornchurch** – JJ Moons 46-62 High Street Hornchurch RM12 4UN- meet Laurie, Marion & Rene and other diamonds join other DisDiamonds to share cocktails and meaningful chat please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming

**Tuesday 26/11/24 Ten Pin Bowling** at Romford Namco Meet Ruth 10:15 outside MacDonalds for 10:30 start for bowling at the Brewery. Bowling and tea/coffee £9.95- email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) In order to reserve a place in your chosen team please advise by Monday before bowling day. Host Ruth. Please ensure advise Disdiamonds by Thursday 21<sup>st</sup> November even those that have been before – so Ruth can draw up the teams.

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

**11-1pm Walk Fairlop Waters** FAIRLOP WATERS COUNTRY PARK, FOREST ROAD, HAINAULT, ILFORD, IG6 3HN Map ([redbridge.gov.uk](http://redbridge.gov.uk)) **462 bus from Ilford station to Fairlop Waters tube central line Fairlop, cross the road**

Meet in the café for coffee then walk around the lake, it takes 45 min to an hour (3.2KM) and there are benches on the way but you need to be able to walk that far unassisted. Alternatively, you can stay in the café till we come back and take in the scenery. Suitable footwear required, dress for the weather and bring water, we will just have a coffee morning if it's raining. **Pre booking essential** [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change due to weather

**The Pearl Fish restaurant meal** 16:30 at 35 High Street Hornchurch RM11 1TP £15 for fish and chips and tea or coffee. Not pensioner's portions. Cash only. Anything else to be paid for as it is requested. It is the old captain tom with a face-lift. Same staff and ownership –Host Trevor /Kath– to reserve a place Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) **note earlier time**

**Wednesday 27/11/24 11-1pm Creative Art Course part 4 of 6 at Park Rise Hornchurch 1- Pre booking essential**

Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place

**1-3pm Kenneth More. Afternoon tea, singing & dancing.** Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT Kenneth More Theatre • Vision RCL **Pre booking essential with any dietary requirements by midday on Friday 18/10/24** £10 pay on the day, **no show or late cancellations must still be paid for so don't forget to cancel if you're unable to attend.**

Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Thursday 28/11/24 11-1 Brunch at Moon & Stars Pub Romford** -Last Thursday of the month 11am onwards meet at Moon and Stars Pub South Street Romford RM1 1NX – join Fiona, Rene & Laurie & other DisDiamonds for Brunch or Lunch – we hope to be back in Romford at our regular seating area at the back of the Moon & Stars – however this is dependent upon refurbishment work being completed so we strongly advise you to let us know that you are coming then we can advise if there is change of venue Please advise Disdiamonds to book a place

**1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with Fiona & fellow Diamonds for a chat and Coffee/Tea/ Biscuit. £2 charge Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book**

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



**For Exercise classes contact the Falls Team Directly -Most classes are now fully booked! – we have limited spaces only. Please see Spaces available below.**

**Please DO NOT ATTEND a class without registering with us Fall Prevention first, as you will be declined by the trainer.**

**Email [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk) Face to Face Exercise Classes (Havering)**

Venue	Day	Time
<b>Chair Based Exercises – with Heidi</b> Ardleigh Green Community Association, Hornchurch	<b>Wednesday</b>	<b>12.15pm – 1.15pm</b>
<b>Chair Based Exercises – with Heidi</b> <b>All Saints Church</b> , Ardleigh Green, Hornchurch	<b>Wednesday</b>	<b>1.30pm – 2.30pm</b>
<b>Chair Based Exercises – with Heidi</b> <b>NEW CLASS!!!</b> <b>All Saints Church</b> , Ardleigh Green, Hornchurch	<b>Thursday</b>	<b>11.30am- 12.30pm</b>
<b>Chair Based Exercises – with Heidi</b> Spaces available. Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	<b>Monday</b>	<b>1.00pm – 1.50pm</b>
<b>Nordic Walking – With Anne</b> Spaces available. Thames Chase Forest Centre, Pike Lane, Upminster RM14 3NS	<b>Monday</b>	<b>10.00am – 11.am</b>
<b>Tai Chi – With Karl</b> Spaces available. Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	<b>Thursday</b>	<b>10.00am – 11.am</b>
<b>Tai Chi – With Karl</b> Spaces available. Cranham Community Centre	<b>Monday</b>	<b>1.00pm – 1.50pm</b>
<b>Chair Based Exercises – with Heidi</b> Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	<b>Monday</b>	<b>11.30am – 12.20pm</b>
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham	<b>Thursday</b>	<b>1.00pm – 2.00pm</b>
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham <b>NEW CLASS!!!</b>	<b>Thursday</b>	<b>2.00pm – 3.00pm</b>

**For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)**

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



### Face to Face Exercise Classes (Redbridge)

Venue	Day	Time
Easy Chair based exercise - With Sami Ilford Library Spaces available.	Monday	10.00am – 11.00am
Chair based exercise class - with Keeley Chadwell House -open to non-residents Spaces available.	Friday	11.00am – 12.00pm
Nordic Walking - With Anne Valentines Park, Ilford Spaces available.	Wednesday	2.00pm – 3.00pm
Tai Chi - with John Poon at Ilford Library	Monday	10.00am – 10.50am
Chair based exercise Yoga - with Sami at Ilford Library	Monday	11.00am – 12.00pm
Tai Chi - with John Poon at Age UK	Wednesday	10.00am – 10.50am
Chair based at Cambridge park - with Sami - currently unavailable to non residents	Thursday	11.00am – 11.45am
Chair based at Forest Dene - with Sami - currently unavailable to non residents	Thursday	10.00am – 10.45am

For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)

### Face to Face (B&D)

Venue	Day	Time
Chair based class – with Anne Marsh, East Road Baptist Church available. Spaces	Thursday	2.00pm – 3.00pm
Chair based class – with Heidi George Crouch Centre available. Spaces	Tuesday	11.20am – 12.30pm

For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



### Online Exercise Classes (BHR)

Venue		Day	Time
Chair Based Exercises - with Elaine	Spaces available.	Wednesday	11:00am-12:30pm
Chair Based Exercise - with Elaine	Spaces available.	Thursday	11:00am-12:30pm
Tai-Chi - with John Poon	Spaces available.	Thursday	11:00am – 12.00pm

For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)

### Walking For Health

Day/Time	Location	Meeting Point	Duration	Level
Every Monday, 11am	Harrow Lodge Park	Main Carpark, Hornchurch Sports Centre, RM11 1JU	30 – 60min	Beginner/Easy
Every Tuesday, 11am	Raphael Park	In front of the Café, Main Road Romford, RM2 5EB	30 – 60min	Beginner/Easy
Every Wednesday 10am	Hornchurch Country Park	Visitors Centre, Squadrons Approach, RM12 6TD	30 – 60min	Beginner/Easy
Every Friday, 10.15am	Eastbrookend Country Park	Millennium Centre, Dagenham Road, RM7 0SS	30 – 60min	Beginner/Easy

Longer walks and walks that take place on the weekend, For Havering need to provide tack & trace numbers limited to 30 essential to prebook. 01708 431016 [sportsdevelopment@haverling.gov.uk](mailto:sportsdevelopment@haverling.gov.uk) [www.haverlingactive.co.uk](http://www.haverlingactive.co.uk) <https://www.walkingforhealth.org.uk/walkfinder/haverling-walking-for-health>

**Walking Netball or Walking Football – let us know if interested will put in contact with local club – also new Mens Walking group Upminster**

**Enjoy listening to talks** – why not Join Restless for regular free & paid talks – [Mirthy.co.uk](http://Mirthy.co.uk) please mention Dis Diamonds when joining & mention at coffee clubs –join in with other diamonds [restless.co.uk](http://restless.co.uk)

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

**Libraries** pop in and pick up a book or try one of their group many activities - Join a reading club or perhaps you might like to try knit & natter group, board games, computer classes

**Exercise in person** -Walking Football or walks in local parks or staying safe in doors with Yoga via Zoom– please email to register for further info [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Do you look after an older person or partner or child**–whether at home or in a care home. Are you stressed – Art might help relieve some of the pressure or we could put you in touch with support groups contact [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

Have we missed something let us know and we will advertise here.

**Local Theatres** – please support your local venues by booking a show

**Barking –The Broadway Theatre, Broadway, Barking IG11 7LS tel0208 507 5607**

**Ilford Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT 0208 708 8800**

<https://visionrcl.org.uk/centre/kenneth-more-theatre/> for full list of shows

**Romford –Brookside Theatre 21a Eastern Road Romford Essex RM1 3NH 01708 755775**

<https://www.brooksidetheatre.com/> for variety of shows & entertainment

**Hornchurch –Queens Theatre, Billet Lane, Hornchurch, RM11 1QT 01708 443333**

**-already going or anyone want to see**

Lots of other great plays & shows including regular Down Memory Lane– special music show for people with Dementia & their carers

Or why not try out Over 50's Musical Theatre Workout every Wed <https://www.queens-theatre.co.uk/>

Want to catch a Westend Show why not arrange to go up London on the day after coffee morning and see what is available from Halfprice ticket in Leicester Square or pre-book with fellow members

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



**Let us know which Diamond event you are coming to in case we have to change times at short notice.**

**Make new friends this month and enjoy life.**

**Dementia Café New club – friendly and casual drop-in support for people with Dementia and their careers. Held on every other Thursday 10:30 am -12:00 meet at** Railway Hotel Restaurant Station Lane Hornchurch RM12 6SB, for further info contact Havering Dementia Action Alliance on 07375840725

**Memory Café** every other Thursday in the Learning Space, at Hornchurch Queens Theatre between 10:30 – 12:00, every fortnight Memory Café is for people living with dementia and their careers to enjoy a cup of tea or coffee, take part in fun activities and access information. Provide a safe and supportive space to discuss your own dementia diagnosis, or someone else's and think about what it means for the future; meet and learn from other people in similar situations; keep active, make new friends and feel more confident.

If you know someone who may be interested in attending sessions, please do share the news with them. Sessions will be free and open to everyone, no pre-booking required supported by Dementia Action Alliance.

Do you support a loved one – why not join a support group and share ideas and access useful information. Please get in touch call or email disdiamonds and we will put you in contact with local support groups.

**History Buffs -Havering Museum** 19-21 High Street Romford RM1 1JU 01708 766571 <https://www.haveringmuseum.org.uk/> Open Wednesday to Friday 11-4 see website –also hold regular weekly clubs, Variety, Reminiscence and monthly Art group, Photography Group, Knit & Natter and specialist talks

**RAF Hornchurch Heritage Centre** 119-121 Suttons Lane Hornchurch RM12 6RU <https://rafhornchurch.com> £5 Saturdays 11-4 – if you have been let us know what you think – if you want to visit with Disdiamonds let us know –

**Surveys** Want to help shape the borough or have your views acknowledge – please sign up to take part in Health, Wellbeing and Life surveys –will take place in variety of ways -on line, in person, or electronic at various times over the year. Let us know if you would like to be contacted. Also Local High Street Reshape –get your views known – speak to disdiamonds – help shape your borough to be the best you want it to be.

**Knitting & Sewing** –if want to meet other keen crafters- lets us know and will put you in touch with local groups. New group meets at Havering Museum every Friday fortnight and local libraries and other venues. Why not join a knit & nat club and share your passion

**Ardleigh House** – 42 Ardleigh Road Hornchurch RM11 2RG mail:- [office@ardleighhouse.org](mailto:office@ardleighhouse.org) Telephone:- 01708 440660 [www.ardleighhouse.org](http://www.ardleighhouse.org) lots of clubs and activities including Yoga, Art, French, Spanish, Crafts and Computers, Short Mat Bowls, Model Engineers and Camera Club

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



**Crafters SOS** -If handy with a needle a local group need a hand stitching up Knitted mufflers for Dementia groups –based in Romford Also wanted any wool or buttons or decorative pieces that can be sewn on. Please call Fiona or email [disdiamonds](mailto:disdiamonds)

**Singers** St Edward's Parish Church in the Market Place, Romford has a choir with a long tradition of singing a high standard of traditional sacred choral music at the Sunday services. The soprano part is sung by boys and girls of school age and the alto, tenor and bass by adults. The choir is looking to recruit one or two altos to join the choir. Singers should be able to read music and hold a part on their own but do not necessarily need to be good sight-readers. They should be available for rehearsals on Fridays from 7.30 to 8.30pm, and for the rehearsal and main service on Sunday mornings from 9.15 to 11.15am. Choral evensong is sung occasionally at 6.30pm. If you are interested in joining this friendly group of enthusiastic singers, please contact the acting Director of Music, Andrew Morrisson for further information and to arrange an informal audition. [music@stedwardsromford.com](mailto:music@stedwardsromford.com) or leave a message at the office 01708 744973

### **Thursday Club EASTBROOK COMMUNITY CENTRE**

Rainham Road South, Dagenham, RM10 7UU

Meets every Thursday between 1pm and 3pm. It costs £2 per week for tea/ coffee, biscuits and entertainment.

**Coach Trips** – regular trips arranged with EPHA. Need to book via Trevor 07771 741948 Ask Trevor for separate coach list

Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8> full list Also Coach Holidays available

When booking please mention that you are a Disdiamond member

Also Coach trips & holiday available from Shirley at shirleytours who fundraises for charity. Variety trips include Albert Hall & Abba & Holidays please see website for further info [shirleytours.co.uk](http://shirleytours.co.uk) or Email: [shirley@shirleytours.co.uk](mailto:shirley@shirleytours.co.uk)

Alternative coach trips available from [Kirbyscoaches.co.uk](http://Kirbyscoaches.co.uk) or [Eastlondontravel.co.uk](http://Eastlondontravel.co.uk)

Holidays- fancy going on holiday with other diamonds – why not post a comment on DisDiamonds Facebook –or mention at coffee morning –perhaps share holiday brochure or visit travel agent together

**Flowers/ Gardening** Join EPHG at Elm Park. Regular social club.

Or Langton Gardens – looking for volunteers and other local venues – please contact Disdiamonds

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

**Spare time** why not **volunteer** call us - lots of local establishments including parks & museums and local public places require help regularly or one off. Contact Disdiamonds for more info

We are also looking for volunteers to help at coffee mornings or host events or help at roadshows-or fancy hosting a pub lunch or trip or befriending or greeting at coffee morning or helping out at an event please contact one of us or email disdiamonds –

**Cinema Trips** –fancy catching the latest block buster film at your local cinema. Want a buddy to go with please contact Disdiamonds or if you fancy going in a group put an announcement on Facebook – not yet on Facebook do not worry we could make an announcement on your behalf –you choose cinema, day – time & film –we will announce on your behalf. Sign up for our cinema club

Catch a latest blockbuster or re-watch a favourite plenty to choose from at your local cinema so much to choose from–

Romford Vue from £4.99 on line or £5.99 at venue <https://www.myvue.com/cinema/romford/whats-on>

Ilford Cineworld various prices including seniors £8.74 <https://www.cineworld.co.uk/cinemas/london-ilford/8062#/buy-tickets-by-cinema?in-cinema=8062&at=2021-07-29&view-mode=list>

Odeon South Woodford various prices from £5 <https://www.odeon.co.uk/cinemas/south-woodford/>

Dagenham Vue from £4.99 on line or £5.99 at venue <https://www.myvue.com/cinema/dagenham/whats-on>

Swimming –fancy getting fit for summer but do not want to go alone- why not get a swimming buddy contact DisDiamonds

Seen something that you think other Diamonds might like to attend – let us know and we can see if we can arrange a trip or advertise

**New To Disdiamonds or want to know more about Disdiamonds in Havering - please ask to book a coffee or Zoom or Telephone session with Fiona – New members welcome to attend Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30**

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

