



January & February Newsletter  
for the 55's +Social Club

Come along keep fit and active and meet new friends  
Activities include

Days out, Theatre trips, Bingo, Gentle Pilates, Art, I.T., Tai Chi, Quizzes,  
Dance, Massage, Talks and discussions with guest speakers,  
Presentations and Community information.

Open Monday to Friday between 10am and 4pm

A full range of fun and social events are provided every day. The centre  
is on the Plus Bus route 812 for easy access.

For more information or to get a membership form contact

The Peel

3 Corners Centre  
Northampton Road  
London EC1R OHU

Call 0207 837 6082 for more details or visit our website

[www.peelinstitute.org.uk](http://www.peelinstitute.org.uk)

## Important Information

Everybody Entering and Leaving the building must be accounted for you must sign in and out every time, if for any reason you can't register your attendance please inform a member of staff

The fire assembly point is in Spa Fields which is at the end of the 3 Corners building, fire exits are located at either end of the building,  
Fire exit 1 The front glass door, Fire exit 2 the door next to the toilets.  
Please evacuate the building as quickly as possible.

The Peel safeguarding adults policy is available in a folder at The Peel and online. Members can also request a paper copy in writing or in person.

The Peel will not tolerate the abuse of adults in any of its forms and is committed to safeguarding adults with care and support needs from harm. If you are worried about someone or want to talk about something that is affecting you, we will take your concerns seriously. Your concerns will be kept confidential if you wish and will be handled sensitively

You can discuss any concerns in confidence with Kimberley Bottomley. If your concern is about a member of staff you can talk to Tom Neumark.

Please use the Suggestion Box for Feedback, Suggestions, Ideas or information you want to share

Please keep an eye on the notice board for upcoming events and to check for any amendments

## What's on in January

### WEEK 2

#### Monday 7th January

Tai Chi (Master Lam style) 10:30 – 11:30 with Jane, cost free. Strengthen your body, lift your mind and relax your spirit with this ancient Chinese art combines slow movements and natural breathing to improve physical and mental health.

Exercise to Music 12:00 – 12:45 with Karen, cost free. A fun feel good class suitable for all abilities Exercise is a very important component of living a healthier and longer life. Cost free.

Creative Writing 1:30 - 3:00 Do you have a creative streak? Most of us have something to share. Why not put it down on paper? You are very welcome to join our creative writing group. We share poetry and stories. You can tell us about the places you have visited on your travels. Drop in!

New Year plans 1:30 - 3pm lets meet and discuss all the things we plan on doing in the coming months. Do you have any resolutions.

#### Tuesday 8th January

Cardio class 10:30 – 11:30 with Winston, cost £2. Easy to follow movements which can be adapted if you choose to be seated, Caribbean music influences these workouts you will leave feeling like you have really worked out and had a great time doing it.

Knitting Group 10:45 – 1:00, with June cost free. Come along and learn how to knit, June has years of experience and loves to share all her knowledge and experience with others all materials will be supplied

Afternoon Bingo 1:30 – 3:00

Bingo play for Money £1 per card 6 full houses followed by one line two lines full house.

Funky Disco Dance Class with Karen 1:45 - 2:30 cost £3. Lets be one nation under a groove Dancing to all the classic tracks from the disco era, No previous experience required

#### Wednesday 9th January

Seated Pilates 10:30 – 11:30 with Kate, cost £3. This class offers a variety of safe therapeutic effective and fun workouts suitable for all abilities. Exercise is a very important component of living a healthier and longer life.

SHP Fitness Programme 12:00 - 1:45 cost free each session will include a light lunch and a mixture of cardio, strength and yoga exercises tailored to meet your needs

Members Meeting 1:45- 3:00

A meeting to discuss our current position and discuss The Peel going forward

### Thursday 10th January

The Tina Turner Musical ticket cost £39.75 with transport £43

Aldwych Theatre 49 Aldwych, London WC2B 4DF matinee performance 2:30pm

Tina: The Musical is a jukebox musical featuring the music of Tina Turner, and depicting her life from her youth in Nutbush, Tennessee, through her tumultuous relationship with Ike Turner, and comeback as a rock 'n roll star in her 40s.

Sewing Class 1:00- 3:00 with Arinola cost £2 practice or learn the following hand stitching techniques Running stitch, Back stitch, Overcast stitch, Hem stitch, Blanket stitch, Darn stitch, Hemming stitch, using the above to make clothing and soft furnishing items

Men's Group 11:30 – 3:30, cost free Cards, Men's talk

### Friday 11th January

Seated Pilates 10:30 – 11:30 with Kate, cost £3. Improves your flexibility and coordination and strengthens your body from within. Kate is dedicated to senior fitness and wellbeing and keeping the mature and older generation fit and agile for life. Exercise is a very important component of living a healthier and longer life.

Art class 1:30 – 3:30 with Hayley, cost voluntary donation.

Get to the point - Pointillism and Cooperation (drawing with pens and acrylic paint): 6 weeks project

For the first session will be learning about the technique 'Pointillism' created by George Seurat. Pointillism is a painting technique in which images and colours are made up of lots of tiny dots. We be using pens and acrylic paint to try out different shading and blending techniques.

### *Week 3*

### Monday 14th January

Tai Chi (Master Lam style) 10:30 – 11:30 with Jane, cost free. Strengthen your body, lift your mind and relax your spirit with this ancient Chinese art combines slow movements and natural breathing to improve physical and mental health.

Exercise to Music 12:00 – 12:45 with Karen, cost free. A fun feel good class suitable for all abilities Exercise is a very important component of living a healthier and longer life. Cost free.

Creative Writing 1:30 - 3:00 Do you have a creative streak? Most of us have something to share. Why not put it down on paper? You are very welcome to join our creative writing group. We share poetry and stories. You can tell us about the places you have visited on your travels.

General Knowledge Quiz 1:45 - 2:45 The Peel's quiz master John will provide you with a quiz questions with additional facts. Come along join a team and test your knowledge and learn something new

### Tuesday 15th January

Cardio class 10:30 – 11:30 with Winston, cost £2. Easy to follow movements which can be adapted if you choose to be seated, Caribbean music influences these workouts you will leave feeling like you have really worked out and had a great time doing it.

Massage 10:30 – 12:00 with Jade, cost £3  
Relax with an Upper Body Massage Head Neck Shoulder Back 10-minute session No appointment necessary booking advised.

Knitting Group 10:45 – 1:00,with June cost free. Come along and learn how to knit, June has years of experience and loves to share all her knowledge and experience with others all materials will be supplied

Afternoon Bingo 1:30 – 3:00 was  
Bingo play for Money £1 per card 6 full houses followed by one line two lines full house.

Show Jazz Dance Class 1:45 - 2:30 with Karen cost £3 Dance to all the best loved musical songs from the big screen and stage. No experience necessary

### Wednesday 16th January

Seated Pilates 10:30 – 11:30 with Kate, cost £3. This class offers a variety of safe therapeutic effective and fun workouts suitable for all abilities. Exercise is a very important component of living a healthier and longer life.

Card making with Ava Cards 10:30 -12:00  
Ava cards will be assisting you in the making of custom hand made cards for every occasion, including Birthdays, Weddings, Christenings and much more.

SHP Fitness Programme 12:00 - 1:45 cost free each session will include a light lunch and a mixture of cardio,strength and yoga exercises tailored to meet your needs

### Thursday 17th January

Line Dancing 11:30 - 12:30 with Emma cost free, week 1, This fun class is for all abilities and for anyone with an interest in learning a range of line dancing routines and performing them in a social setting, explore the style and feeling of each dance with or without a partner, and discover how they fit to music, it's all about fun whilst gently keeping fit.

Hoarding Talk 1:45 -3.00

Karen Megan from Hoarding UK aims to empower people experiencing hoarding behaviours to achieve spatial and personal change, to reduce isolation and improve their health and well-being.

Sewing Class 1:00- 3:00 with Arinola cost £2 practice or learn the following hand stitching techniques Running stitch, Back stitch, Overcast stitch, Hem stitch, Blanket stitch, Darn stitch, Hemming stitch, using the above to make clothing and soft furnishing items

Men's Group 11:30 – 3:30, cost free Cards, Men's talk

### Friday 18th January

Seated Pilates 10:30 – 11:30 with Kate, cost £3. Improves your flexibility and coordination and strengthens your body from within. Kate is dedicated to senior fitness and wellbeing and keeping the mature and older generation fit and agile for life. Exercise is a very important component of living a healthier and longer life.

Art class 1:30 – 3:30 with Hayley, cost voluntary donation

Week 2, Cubitt Gallery visit - 8 Angel Mews - N1 9HH

We will be visiting the new exhibition at Cubitt curated by Louise Shelley the current Curatorial Fellow who is exploring collective formats and ideas around cooperation. There will be a talk by Louise and we will use the rest of the session to explore cooperation and what unites us - in particular what unites this art group. For the remaining sessions we will combine our ideas around cooperation with the techniques of Pointillism that rely on the cooperation of individual dots to form a new whole.

### *Week 4*

### Monday 21st January

Tai Chi (Master Lam style) 10:30 – 11:30 with Jane, cost free. Strengthen your body, lift your mind and relax your spirit with this ancient Chinese art combines slow movements and natural breathing to improve physical and mental health.

Exercise to Music 12:00 – 12:45 with Karen, cost free. A fun feel good class suitable for all abilities Exercise is a very important component of living a healthier and longer life. Cost free.

Creative Writing 1:30 - 3:00 Do you have a creative streak? Most of us have something to share. Why not put it down on paper? You are very welcome to join our creative writing group. We share poetry and stories. You can tell us about the places you have visited on your travels. Drop in!

Discussion Group 1:45 - 3:00 with Tom

Current affairs discussions are a chance to stretch the grey matter and have a friendly chat about what's happening in the world. You don't need to know anything about the topic, it's a chance to learn and discuss.

### Tuesday 22nd January

Cardio class 10:30 – 11:30 with Winston, cost £2. Easy to follow movements which can be adapted if you choose to be seated, Caribbean music influences these workouts you will leave feeling like you have really worked out and had a great time doing it.

Knitting Group 10:45 – 1:00, with June cost free. Come along and learn how to knit, June has years of experience and loves to share all her knowledge and experience with others all materials will be supplied

Afternoon Bingo 1:30 – 3:00

Bingo play for Money £1 per card 6 full houses followed by one line two lines full house.

Funky Disco Dance Class with Karen 1:45 - 2:30 cost £3. Lets be one nation under a groove Dancing to all the classic tracks from the disco era, No previous experience required

### Wednesday 23rd January

Seated Pilates 10:30 – 11:30 with Kate, cost £3. This class offers a variety of safe therapeutic effective and fun workouts suitable for all abilities. Exercise is a very important component of living a healthier and longer life.

Massage 10:30 – 12:00 with Jade, cost £3

Relax with an Upper Body Massage Head Neck Shoulder Back 10-minute session No appointment necessary booking advised.

SHP Fitness Programme 12:00 - 1:45 cost free each session will include a light lunch and a mixture of cardio, strength and yoga exercises tailored to meet your needs

Film Screening 1:00 - 3:00 Calendar Girls

12 extraordinary members of the women's institute decide they need to find a new way to raise money for a worthy cause they turn to their annual calendar, not wanting to divorce themselves from the traditional photographs they give the calendar a very untraditional twist

### Thursday 24th January

Line Dancing 11:30 - 12:30 with Emma cost free, week 2, This fun class is for all abilities and for anyone with an interest in learning a range of line dancing routines and performing them in a social setting, explore the style and feeling of each dance with or without a partner, and discover how they fit to music, it's all about fun whilst gently keeping fit.

Sewing Class 1:00- 3:00 with Arinola cost £2 practice or learn how to sew using a sewing machine.

Jewellery Making with Yvonne.1:30 -3:00

Have you always wanted to design and create your own jewellery, learn the basics of jewellery making with designer Yvonne Allen working tools and using findings to design simple earrings, bracelets etc

Men's Group 11:30 – 3:30, cost free Cards, Men's talk

### Friday 25th January

Seated Pilates 10:30 – 11:30 with Kate, cost £3. Improves your flexibility and coordination and strengthens your body from within. Kate is dedicated to senior fitness and wellbeing and keeping the mature and older generation fit and agile for life. Exercise is a very important component of living a healthier and longer life.

Art class 1:30 – 3:30 with Hayley, cost voluntary donation.

Get to the point - Pointillism and Cooperation (drawing with pens and acrylic paint): Week 3. we will combine our ideas around cooperation with the techniques of Pointillism that rely on the cooperation of individual dots to form a new whole.

### *Week 5*

### Monday 28th January

Tai Chi (Master Lam style) 10:30 – 11:30 with Jane, cost free. Strengthen your body, lift your mind and relax your spirit with this ancient Chinese art combines slow movements and natural breathing to improve physical and mental health.

Exercise to Music 12:00 – 12:45 with Karen, cost free. A fun feel good class suitable for all abilities Exercise is a very important component of living a healthier and longer life. Cost free.

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Creative Writing 1:30 - 3:00 Do you have a creative streak? Most of us have something to share. Why not put it down on paper? You are very welcome to join our creative writing group. We share poetry and stories. You can tell us about the places you have visited on your travels.



Music Quiz 1:30 - 3:00

Can you guess the song from either the intro to a song, a few lyrics or a mixture of jumbled words

### Tuesday 29th January

Cardio class 10:30 – 11:30 with Winston, cost £2. Easy to follow movements which can be adapted if you choose to be seated, Caribbean music influences these workouts you will leave feeling like you have really worked out and had a great time doing it.

Knitting Group 10:45 – 1:00, with June cost free. Come along and learn how to knit, June has years of experience and loves to share all her knowledge and experience with others all materials will be supplied

Afternoon Bingo 1:30 – 3:00

Bingo play for Money £1 per card 6 full houses followed by one line two lines full house.

Show Jazz Dance Class 1:45 - 2:30 with Karen cost £3 Dance to all the best loved musical songs from the big screen and stage. No experience necessary

### Wednesday 30th January

Seated Pilates 10:30 – 11:30 with Kate, cost £3. This class offers a variety of safe therapeutic effective and fun workouts suitable for all abilities. Exercise is a very important component of living a healthier and longer life..

SHP Fitness Programme 12:00 - 1:30 cost free each session will include a light lunch and a mixture of cardio, strength and yoga exercises tailored to meet your needs

Hogan's Half Hour Histories 1:30pm Henry V111

Come and hear about one of our most famous kings, Henry V111. Was he good or was he bad, how many children did he really have, Whatever... He is the most famous king in English history... come and listen to some incredibly interesting facts about Henry V111... and his wives. John will be providing all this information and allowing you to go and impress your friends with your new found knowledge... just a short lecture probably about 30 mins or thereabouts. Sit and have a cuppa, relax and be educated in a relaxed atmosphere.

### Thursday 31st January

Line Dancing 11:30 - 12:30 with Emma cost free, week 3, This fun class is for all abilities and for anyone with an interest in learning a range of line dancing routines and performing them in a social setting, explore the style and feeling of each dance with or without a partner, and discover how they fit to music, it's all about fun whilst gently keeping fit.

Soap making with Tracey 1:30 - 3:00

Sewing Class 1:00- 3:00 with Arinola cost £2 practice and learn how to sew using a sewing machine.

Men's Group 11:30 – 3:30, cost free Cards, Men's talk

### Poem by Eua Harrison

*Most nations have recently welcomed the new year  
Celebrating lustily, happily, with merriment and joy  
Now the celebrations have ceased, let's think peace  
Can we not keep the sense of elation and anticipation  
Where all should be made to feel welcome, happy and free*

*“ All wars and strife should cease between nations”  
This should be a daily resolution for all leaders,  
Scrap the deadly weapons of war, for discussions and talks  
Pounding smaller nations into submission is barbarity  
Try finding a common ground for some familiarity*

*Ways should also be found to keep knives and guns,  
Out of the hands of bloodthirsty scurrilous youths,  
The handguns, knives, acid and clubs are just as brutal,  
A destructive, destroyer of lives, creating more strife  
Instead they should meet others with smiles not knives*

*Say hello to those you meet along the street,  
A small gesture “maybe” but could be a catalyst for change  
Lifting the mood making a person feeling happier,  
By merely thinking someone smiled at me,  
Leaves a smile on that face radiating feeling free,*

*The greed of industrialization causing pollution discharged  
From factories into rivers and streams ending in the seas,  
Destroying the ecology of oceans and reefs,  
The rape of the earth for minerals, gems and oil  
Leaving harmful waste behind, polluting the soil.*

*The harm that we humans do daily to our planet,  
Entrusted to us to take care of to nurture and enjoy  
Instead the destruction of vast areas of the rain forest for timber  
Destroying wildlife, leaving the land scorched causing droughts,  
Turning farmland into dustbowls so farmers abandon their ploughs,*

*Let's all do our very best in making this a better happier year,  
For the people we come in contact with on our daily lives  
A bright “hello” a few kind words or a friendly smile,  
By doing our small part in making our world a happier place  
Where all feel welcome more smiles will be etched on faces,*

*Now let us think about plastic, but without happiness or smiles*

## What's on in February

### Week 1

#### Friday 1st February

LSO (Futures) concerts places contemporary voices in the spotlight and celebrates the pioneering work of the composers that came before. In this concert, the LSO Percussion Ensemble explores the technical and formal brilliance of minimalist and jazz-inspired compositions.

Seated Pilates 10:30 – 11:30 with Kate, cost £3. Improves your flexibility and coordination and strengthens your body from within. Kate is dedicated to senior fitness and wellbeing and keeping the mature and older generation fit and agile for life. Exercise is a very important component of living a healthier and longer life.

Art class 1:30 – 3:30 with Hayley, cost voluntary donation week 4.

Get to the point - Pointillism and Cooperation (drawing with pens and acrylic paint): we will combine our ideas around cooperation with the techniques of Pointillism that rely on the cooperation of individual dots to form a new whole.

#### Saturday 2nd February

Tango Fire at The Peacock Theatre Portugal Street WC2A 2HT Holborn station cost £3 matinee performance 2:30pm. Starring Argentinean tango superstars German Cornejo & Gisela Galeassi and a cast of extraordinary tango dancers, this fiery and explosive journey through the history of authentic Argentine tango,.Five couples show off some of the speediest footwork and tightest twirling in the business, accompanied by Tango Fuego Quartet playing live music on stage.

### Week 2

#### Monday 4th February

Tai Chi (Master Lam style) 10:30 – 11:30 with Jane, cost free. Strengthen your body, lift your mind and relax your spirit with this ancient Chinese art combines slow movements and natural breathing to improve physical and mental health.

Exercise to Music 12:00 – 12:45 with Karen, cost free. A fun feel good class suitable for all abilities Exercise is a very important component of living a healthier and longer life. Cost free.

Creative Writing 1:30 - 3:00 Do you have a creative streak? Most of us have something to share. Why not put it down on paper? You are very welcome to join our creative writing group. We share poetry and stories. You can tell us about the places you have visited on your travels. Drop in!

Improvisation workshop 1:30 - 3:00 Liam Brennan from Hoopla will be here introducing us to improv with some fun exercises, improv fundamentals and then end with games to put them into practice

### Tuesday 5th February

Cardio class 10:30 – 11:30 with Winston, cost £2 Easy to follow movements which can be adapted if you choose to be seated, Caribbean music influences these workouts you will leave feeling like you have really worked out and had a great time doing it.

Knitting Group 10:45 – 1:00, with June cost free. Come along and learn how to knit, June has years of experience and loves to share all her knowledge and experience with others all materials will be supplied

Afternoon Bingo 1:30 – 3:00

Bingo play for Money £1 per card 6 full houses followed by one line two lines full house.

Funky Disco Dance Class with Karen 2:00 - 2:45 cost £3 Lets be one nation under a groove Dancing to all the classic tracks from the disco era, No previous experience required

### Wednesday 6th February

Seated Pilates 10:30 – 11:30 with Kate cost £3 This class offers a variety of safe therapeutic effective and fun workouts suitable for all abilities. Exercise is a very important component of living a healthier and longer life.

Massage 10:30 – 12:00 with Jade, cost £3

Relax with an Upper Body Massage Head Neck Shoulder Back 10-minute session No appointment necessary booking advised.

SHP Fitness Programme 12:00 - 1:45 cost free each session will include a light lunch and a mixture of cardio, strength and yoga exercises tailored to meet your needs

Film Screening 1:00 - 3:00 Laurel and Hardy

### Thursday 7th February

Cancer Research talk 1:30-2:30

Sarah Blake will be here to talk about the following. The importance of Will writing What a visit to a solicitor might be like, Things you need to think about when writing a will, lastly Cancer Research UK's free Will service.

Please note Sarah is not a legal professional and is not able to provide legal advice.

Line Dancing 11:30 - 12:30 with Emma cost free, week 4 This fun class is for all abilities and for anyone with an interest in learning a range of line dancing routines and performing them in a social setting, explore the style and feeling of each dance with or without a partner, and discover how they fit to music, it's all about fun whilst gently keeping fit.

Sewing Class 1:00- 3:00 with Arinola cost £2 practice or learn the following hand stitching techniques Running stitch, Back stitch, Overcast stitch, Hem stitch, Blanket stitch, Darn stitch, Hemming stitch, using the above. or machine sewing.

Men's Group 11:30 – 3:30, cost free Cards, Men's talk

### Friday 8th February

Seated Pilates 10:30 – 11:30 with Kate, cost £3. Improves your flexibility and coordination and strengthens your body from within. Kate is dedicated to senior fitness and wellbeing and keeping the mature and older generation fit and agile for life. Exercise is a very important component of living a healthier and longer life.

Art class 1:30 – 3:30 with Hayley, cost voluntary donation week 5.  
Get to the point - Pointillism and Cooperation (drawing with pens and acrylic paint): we will combine our ideas around cooperation with the techniques of Pointillism that rely on the cooperation of individual dots to form a new whole.

### Week 3

### Monday 11th February

Tai Chi (Master Lam style) 10:30 – 11:30 with Jane, cost free. Strengthen your body, lift your mind and relax your spirit with this ancient Chinese art combines slow movements and natural breathing to improve physical and mental health.

Exercise to Music 12:00 – 12:45 with Karen, cost free. A fun feel good class suitable for all abilities Exercise is a very important component of living a healthier and longer life. Cost free.

Creative Writing 1:30 - 3:00 Do you have a creative streak? Most of us have something to share. Why not put it down on paper? You are very welcome to join our creative writing group. We share poetry and stories. You can tell us about the places you have visited on your travels.

General Knowledge Quiz 1:45 - 2:45 The Peel's quiz master John will provide you with a quiz questions with additional facts. Come along join a team and test your knowledge and learn something new

### Tuesday 12th February

Cardio class 10:30 – 11:30 with Winston, cost £2 Easy to follow movements which can be adapted if you choose to be seated, Caribbean music influences these workouts you will leave feeling like you have really worked out and had a great time doing it.

Knitting Group 10:45 – 1:00, with June cost free. Come along and learn how to knit, June has years of experience and loves to share all her knowledge and experience with others all materials will be supplied

Afternoon Bingo 1:30 – 3:00

Bingo play for Money £1 per card 6 full houses followed by one line two lines full house.

Funky Disco Dance Class with Karen 2:00 - 2:45 cost £3 Lets be one nation under a groove Dancing to all the classic tracks from the disco era, No previous experience required

### Wednesday 13th February

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SHP Fitness Programme 12:00 - 1:45 cost free each session will include a light lunch and a mixture of cardio, strength and yoga exercises tailored to meet your needs

### Thursday 14th Feb

Discussion Group with Emma. Mental Health 11:15 - 12:15

Spanish taster session 1:30 -3:00 Come along and see if your a natural, it's one of the most popular languages to learn.

Line Dancing 11:30 - 12:30 with Emma cost free, week 5 This fun class is for all abilities and for anyone with an interest in learning a range of line dancing routines and performing them in a social setting, explore the style and feeling of each dance with or without a partner, and discover how they fit to music, it's all about fun whilst gently keeping fit.

Sewing Class 1:00- 3:00 with Arinola cost £2 practice or learn the following hand stitching techniques Running stitch, Back stitch, Overcast stitch, Hem stitch, Blanket stitch, Darn stitch, Hemming stitch, using the above

Men's Group 11:30 – 3:30, cost free Cards, Men's talk

### Friday 15th February

London Symphony Orchestra Lunchtime Concert. 12:30 - 1:15 cost free

Futures ; This concert features The Guildhall singers and pianists celebrate the voices of our time, curating a concert of contemporary music. Come and enjoy front row seats for the concert, hot drinks will be provided in the

cafe before the performance from 11:30, after the concert you can have a fish and Chip lunch back at the Peel, Transport provided to the concert from the Peel departs At 11:20, there are limited places so please book, or you can make your own

way.LSO

And UBS Music Education Centre 161 Old street EC1V 9N

Seated Pilates 10:30 – 11:30 with Kate, cost £3. Improves your flexibility and coordination and strengthens your body from within. Kate is dedicated to senior fitness and wellbeing and keeping the mature and older generation fit and agile for life. Exercise is a very important component of living a healthier and longer life.

Art class 1:30 – 3:30 with Hayley, cost voluntary donation week 6.

Get to the point - Pointillism and Cooperation (drawing with pens and acrylic paint): we will combine our ideas around cooperation with the techniques of Pointillism that rely on the cooperation of individual dots to form a new whole.

#### *Week 4*

#### *Monday 18th February*

Tai Chi (Master Lam style) 10:30 – 11:30 with Jane, cost free. Strengthen your body, lift your mind and relax your spirit with this ancient Chinese art combines slow movements and natural breathing to improve physical and mental health.

Exercise to Music 12:00 – 12:45 with Karen, cost free. A fun feel good class suitable for all abilities Exercise is a very important component of living a healthier and longer life. Cost free.

Creative Writing 1:30 - 3:00 Do you have a creative streak? Most of us have something to share. Why not put it down on paper? You are very welcome to join our creative writing group. We share poetry and stories. You can tell us about the places you have visited on your travels.

Singalong 2:00 - 3:00 singing makes you feel good come and do it with friends and a glass of fizz

#### *Tuesday 19th February*

Cardio class 10:30 – 11:30 with Winston, cost £2 Easy to follow movements which can be adapted if you choose to be seated, Caribbean music influences these workouts you will leave feeling like you have really worked out and had a great time doing it.

Knitting Group 10:45 – 1:00, with June cost free. Come along and learn how to knit, June has years of experience and loves to share all her knowledge and experience with others all materials will be supplied

Afternoon Bingo 1:30 – 3:00

Bingo play for Money £1 per card 6 full houses followed by one line two lines full house.

Funky Disco Dance Class with Karen 1:45 - 2:30 cost £3 Lets be one nation under a groove Dancing to all the classic tracks from the disco era, No previous experience required

### Wednesday 20th February

Seated Pilates 10:30 – 11:30 with Kate cost £3 This class offers a variety of safe therapeutic effective and fun workouts suitable for all abilities. Exercise is a very important component of living a healthier and longer life.

Massage 10:30 – 12:00 with Jade, cost £3  
Relax with an Upper Body Massage Head Neck Shoulder Back 10-minute session No appointment necessary booking advised.

SHP Fitness Programme 12:00 - 1:45 cost free each session will include a light lunch and a mixture of cardio, strength and yoga exercises tailored to meet your needs

Film Screening 1:00 - 3:00 Lee Evans live, enjoy watching this famous funny man with popcorn, ice cream and good company

### Thursday 21st February

Line Dancing 11:30 - 12:30 with Emma cost free, week 6 This fun class is for all abilities and for anyone with an interest in learning a range of line dancing routines and performing them in a social setting, explore the style and feeling of each dance with or without a partner, and discover how they fit to music, it's all about fun whilst gently keeping fit.

Flower Arranging with Maria 10:30 - 12:00  
This session you will be creating a table centrepiece cost £3 if you provide your own flowers Peel providing flowers total cost will be £7 limited places please book

Sewing Class 1:00- 3:00 with Arinola cost £2 practice or learn the following hand stitching techniques Running stitch, Back stitch, Overcast stitch, Hem stitch, Blanket stitch, Darn stitch, Hemming stitch, using the above

Men's Group 11:30 – 3:30, cost free Cards, Men's talk

### Friday 22nd February

Seated Pilates 10:30 – 11:30 with Kate, cost £3. Improves your flexibility and coordination and strengthens your body from within. Kate is dedicated to senior fitness and wellbeing and keeping the mature and older generation fit and agile for life. Exercise is a very important component of living a healthier and longer life.

Art class 1:30 – 3:30 with Hayley, cost voluntary donation week 1  
The scale of Phyllida Barlow (mini sculptures and large acrylic painting):  
During the first session will look at sculpture and consider how scale affects how we read and interact with a work. We will visit the Phyllida Barlow exhibition at the Royal Academy, who is known for creating large scale installations, that change how we experience a space. Barlow's work will be used as a starting point to make our own mini sculptures from found materials, fabric, modelling clay and paint. We will then make large abstract paintings of our mini sculptures, using household brushes and different mark-making tools. While constructing the paintings we will consider



different layouts, and how different compositions, positioning on the paper, and use of space can change the meaning of the work.

## *Week 5*

### *Monday 25th February*

Tai Chi (Master Lam style) 10:30 – 11:30 with Jane, cost free. Strengthen your body, lift your mind and relax your spirit with this ancient Chinese art combines slow movements and natural breathing to improve physical and mental health.

Exercise to Music 12:00 – 12:45 with Karen, cost free. A fun feel good class suitable for all abilities Exercise is a very important component of living a healthier and longer life. Cost free.

Creative Writing 1:30 - 3:00 Do you have a creative streak? Most of us have something to share. Why not put it down on paper? You are very welcome to join our creative writing group. We share poetry and stories. You can tell us about the places you have visited on your travels.

Arthritis Action 1:45 - 3:00 Leah Boylan will be here to talk about Arthritis Action and a self management approach and how it can help people with Arthritis better manage their condition in a non clinical way focusing on lifestyle choices

### *Tuesday 26th February*

Cardio class 10:30 – 11:30 with Winston, cost £2 Easy to follow movements which can be adapted if you choose to be seated, Caribbean music influences these workouts you will leave feeling like you have really worked out and had a great time doing it.

Knitting Group 10:45 – 1:00,with June cost free. Come along and learn how to knit, June has years of experience and loves to share all her knowledge and experience with others all materials will be supplied

Afternoon Bingo 1:30 – 3:00

Bingo play for Money £1 per card 6 full houses followed by one line two lines full house.

Funky Disco Dance Class with Karen 1:45 - 2:30 cost £3 Lets be one nation under a groove Dancing to all the classic tracks from the disco era, No previous experience required

### *Wednesday 27th February*

Seated Pilates 10:30 – 11:30 with Kate cost £3 This class offers a variety of safe therapeutic effective and fun workouts suitable for all abilities. Exercise is a very important component of living a healthier and longer life.

SHP Fitness Programme 12:00 - 1:45 cost free each session will include a light lunch and a mixture of cardio, strength and yoga exercises tailored to meet your needs

### Thursday 28th February

Line Dancing 11:30 - 12:30 with Emma cost free, week 7 This fun class is for all abilities and for anyone with an interest in learning a range of line dancing routines and performing them in a social setting, explore the style and feeling of each dance with or without a partner, and discover how they fit to music, it's all about fun whilst gently keeping fit.

Sewing Class 1:00- 3:00 with Arinola cost £2 practice or learn the following hand stitching techniques Running stitch, Back stitch, Overcast stitch, Hem stitch, Blanket stitch, Darn stitch, Hemming stitch, using the above.

Men's Group 11:30 – 3:30, cost free Cards, Men's talk

A big thank you to all the Peel's volunteers and Helpers for their hard work

### **Volunteers**

We would always be grateful for an extra pair of hands and can use help for an hour or two, half a day, all day, regular or on an ad hoc basis.

If you want to give something back to the community, you are between jobs and have spare time or need some work experience then please contact Kimberley on 0207 837 6082 or at [K.bottomley@peelinstitute.org.uk](mailto:K.bottomley@peelinstitute.org.uk)

Volunteer tasks include for example

- Providing members with companionship
- Leading a session / discussion
- Teaching a class
- Driving for trips/shopping/transporting members to/from centre (Driving volunteers please note we provide a 12-seat minibus a Driving D1 licence is required)