

FOREVERYOUNG.

December 2018 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chair Based Exercise 10-11am Coffee Morning 11 - 12:30pm	4 Tapestry 11-1pm Tango 4:30-5:30pm Drama 2-4pm	5 Visit to St. Albans Market Flexible Movement 10-11am Sewing 10-12 Bingo 2 - 3pm	6 Zumba 10:30 - 11:15 Reflexology 10-1pm (by appointment) Bingo 2-3pm Gym 2-4pm	7 Chair Based Exercise 10-11am Food as life 11-1pm Coffee morning 11-12:30pm
10 Chair Based Exercise 10-11am Coffee Morning 11 - 12:30pm Drama 2-4pm	11 Visit to the Charles Dickens Museum Tapestry 11-1pm Tango 4:30-5:30pm	12 Flexible Movement 10-11am Sewing 10-12 Social Lunch 12 - 2pm Bingo 2 - 3pm	13 Zumba 10:30 - 11:15 Reflexology 10-1pm (by appointment) Bingo 2-3pm Gym 2-4pm	14 Chair Based exercise 10-11am Coffee Morning 11- 12:30pm
17 Wreath Making Workshop Chair Based Exercise 10-11am Coffee Morning 11- 12:30pm	18 Tapestry 11-1pm Tango 4:30-5:30pm	19 Visit to St. Albans Market Flexible Movement 10-11am Bingo 2 - 3pm	20 Zumba 10:30 - 11:15 Reflexology 10-1pm (by appointment) Bingo 2-3pm Gym 2-4pm	21 Chair Based exercise 10-11am Coffee Morning 11- 12:30pm
23	24	25	<p>Wishing you a wonderful Holiday and a Happy New Year from everyone at Queens Crescent Community Association!</p> <p> </p> <p>*QCCA re opens on 3rd January 2019</p>	

Saturday 8th
2.30 to 4.30 pm
Cabaret.

20th Dec
Christmas
Dinner
12-4 pm

Christmas Outings:
(please confirm attendance with Mary)

Visit to St. Alban's Christmas market: by minibus,
meet at QCCA at 10 am and return at 4 pm.
Cost: £4.00

The St Albans Christmas Market is being hosted
within Meraki Christmas Festival, so not only will
you be able to shop for unique hand-made goods
from picturesque wooden chalets, enjoy all the fun
of a winter wonderland

Visit to Charles Dickens Museum: Tuesday 11th Decem-
ber in Doughty Street, WC1. Meet at QCCA at 10 am
and return at 2 pm
Cost: £2.00

This exhibition invites visitors to experience the house
as either a servant or a guest, with puzzles, smell jars
and soundscapes to engage all the senses. You will dis-
cover how a dinner party might be prepared and what
Dickens and the people in his life had to eat.

Christmas Dinner:
Thursday 20th December - 12-4 pm

Come and join us for a traditional Christmas dinner
with all the trimmings. Cost: £7.50

Please confirm your attendance with Mary by Friday
14th December

Christmas Wreath Making Workshop:

Learn how to make your own Christmas Wreaths with
community gardener, Lucy Caithness. All materials
will be provided.

Bingo: Always busy, always fun. Our longest-run-
ning service draws in a regular crowd and friend-
ly competition. Come down and try your luck!
Wednesday: **£1.50** Thursday: **£6.50**

Cabaret: Come and join us in a fun afternoon of
music, performance, and sing along down
memory lane. **FREE**

Coffee Morning: All welcome to drop by for tea,
coffee and a chat. **FREE**

Flexible Movement Exercises: Stretch and
tone your body in this fun class with Azmal. Chair
and non-chair based exercises. Cost: **£1.00**

Food as Medicine: Topics include raw food preparation,
recipes and much more...

Reflexology: Why not pamper your feet and try a reflex-
ology treatment for 30 minutes to relax? Reflexology can
improve circulation, revitalize energy and cleanse the
body of toxins and impuri- ties. By appointment only;
Please Contact QCCA: **FREE**

Sewing Class: Develop your sewing and pat- tern-cut-
ting skills in this friendly class. Cost: **£2.00**

Scribes and Thespians Drama Group: If you
like to write or act, then this is the group for you.
FREE

Social Club: Music, botcha and board games, come and
join us for a fun afternoon. **FREE**

Social Lunch: Great food, warm company and
stories from all walks of life. Chef Nureen treats
you to a delicious 2-course lunch: **£3.00**

Tango Classes: Tuesday 4th, 11th and Tuesday 18th De-
cember, **4.30 – 5.30 pm**

Have you always wanted to learn the tango, now's your
chance. All levels welcome, also suitable for complete
beginners.
Cost: **£2.00**

Tapestry: Learn the basics of tapestry with dedicated
tutors Eliot and Sarah from Stitch Me. All materials pro-
vided: Please confirm
attendance **£2.00**

Zumba: Get fit with this energetic class that combines
dance and fitness moves to Latin rhythms: **FREE**

FOREVER YOUNG.



**Queens Crescent Community
Association**

**45 Ashdown Crescent
Association London
NW5 4QE**

**Monday - Friday
10am- 6pm**

**Contact: mary@qcca.org.uk
02072676635**