



BARNET SENIORS' ASSOCIATION

A Voice for Older Residents

BSA E-Bulletin No 35

If you know of anyone who would like to read our current or future issues please can you forward on to them

"GREAT NEWS"

It is with great excitement that Barnet Seniors' Association has been selected as one of the three nominated Volunteer Organisations for the Month of May at Waitrose in High Barnet for their Green Disc Scheme.

Please support Barnet Seniors' Association when you shop at this Waitrose during the month of May 2018 by putting your Green Disc in the Barnet Seniors' Association section.

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

Barnet Seniors' Association thanks you in advance for your help.

If you know of anyone else who could help, please forward this e-bulletin on to them.

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

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

ALL WELCOME

Venue: Woodhouse College, Woodhouse Road, Finchley, London N12 9EY
Buses 134 & 221 stop right outside Woodhouse College and no. 43 stops nearby
It's a 5 minute walk from Tally Ho Corner bus station.
On-site car parking

Date/Day: Wednesday 30th May

Time: 10.30am to 2.30pm

Cost: Free including light lunch
There will be a raffle

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

Please advise if you have a specific dietary requirement

Contact: For more information or to reserve a place, book a place or to book a stall, Please call Sue on 020 3778 0151
If you still need to reserve your place please call Sue on 020 3778 0151

Email: bsabarnet@outlook.com

Website: www.baseas.org.uk

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

If you would like to receive the BSA Newsletter and e-bulletin by email please

Contact Neill: Barnet Seniors' Association Insider Newsletter - Hon. Treasurer & Distribution Volunteer

Mobile: 07722 830397

Email: distribution@barnetseniors.org.uk

Website: www.baseas.org.uk

BSA E-Bulletin V2 – 07-03-2017

**Health and Information Event for over 50's**

Venue: Kent Hall, 12 Westcroft Way
Cricklewood, NW2 2RL

Date/Day: Wednesday 16th May

Time: 10.30am – 12:30pm

Cost: FREE

Information and Advice on local organisations and services in Childs Hill

Gentle exercise demonstration by AgeUK

Guest speakers include the Safer Neighbourhood Team

Free blood pressure checks by Greenfield Medical Practice

Free tea/coffee and light refreshments will also be available throughout the morning

Contact: For more information please contact Steve Bell (Prevention and Wellbeing Coordinator) on 020 8359 7047

Email: Stephen.Bell@barnet.gov.uk

Website:

Bowls & Croquet (Only Croquet Club In Barnet)

Venue: Finchley Victoria Bowling & Croquet Club
Finchley Victoria Park, Ballards Lane, N3 2NE
(Opposite Old Police Station)

Date/Day: Wednesday, Saturday or Sunday

Time: 2pm - 4.30pm

Cost: £5.00 per session

Free Parking

FREE Tuition & Equipment Provided

Contact: Contact Gary on 020 8346 0818

Email: garybargroff@btinternet.com

Website: www.fvbcc.com

Diabetes UK Barnet Group - Diabetes Awareness Day

Venue: Monday Social Club
Manor Drive Methodist Church
Manor Drive, Whetstone N20 0DZ

Date/Day: Monday 11th June 2018

Time: From 11am to 2pm

Cost: FREE

Includes Lunch

Main Speaker Dr Sarah Ali Consultant in Diabetes & Endocrinology at Royal Free London NHS Foundation Trust

Contact: For more Information or to book a place please contact Martin on 020 8205 0668

Email: info@diabetes-barnet.org.uk

Website: www.diabetes-barnet.org.uk

RAF Museum - New Conversation Cafe project

Venue: Royal Air Force Museum
Grahame Park Way Colindale, London NW9 5LL

Date/Day: Call to arrange an Interview

Time: Call to arrange the Time

Cost: FREE

In a small, friendly group we want to encourage Colindale and Hendon residents to share their memories. We want to listen as you talk about your stories of the local area and record them for future generations to hear. If you are interested in hosting a Conversation Cafe

Contact: Please contact Joe 020 8358 4862 for more information.

Email: joe.sullivan@rafmuseum.org

Website: www.rafmuseum.org

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**Tai Chi & Qigong Classes**

Venue: Details Below

Date/Day: Details Below

Time: Details Below

Cost: Try out any class for £5 then
A course fee applies after this**Activity Information:**

Wednesday 12.00-12.55pm: Intermediate Tai Chi & Qigong

Wednesday 1.00-1.55pm: Beginners Tai Chi & Qigong

Wednesday 6.00-6.55pm: Beginners Tai Chi & Qigong

Wednesday 7.00-7.55pm: Qigong (all levels).

Contact: For Further information contact
James on 07836 710281

Email: james@taiji.co.uk

Website: www.taiji.co.uk

Mature MoversVenue: St Andrew's Church, Southgate N14 5PP (next to
Asda's with parking for 3 hours in their car park)

Date/Day: Wednesday Morning

Time: 10 am till 11.30am

Cost: First class is free then £5.00 per class after that

Its gentle movement and exercise to music with the older
person in mind.Make new friends whilst exercising in a happy relaxed
atmosphere.Contact: Please contact
Trish 07949 212346 for more information.

Email: trish@trishj.co.uk

Website:

Can you help?

Finchley Victoria Bowling Club Men's was founded in 1925 followed by the Women's in 1928
Both club houses were distorted by Fire on the 27th July 2006, all the history of the club being lost due the fire

Finchley Victoria Bowling & Croquet Club are trying to piece together the history of their Club
Do you have any Photos, memorabilia about the club that you could share?

If so would you be kind enough to contact Gary who is the current President of the Club
Please contact Gary by Phone: 020 8346 0818 or Email: garybargroff@btinternet.com

Thanks for your Help and Support

National Croquet Day

Sunday 13th May 2.00pm

and it's our FREE Open Day

Come & Try Croquet or Bowls

Equipment Provided Free Tuition Free Car Park All Ages Welcome

Finchley Victoria Bowling & Croquet Club

The Club is located beside the Victoria Park, Ballards Lane, N3 2NE.

Please contact Gary by Phone: 020 8346 0818 or Email: garybargroff@btinternet.com

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