



**THE
PEEL**

CONNECTING COMMUNITIES

June Newsletter for the 55s 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 3pm

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 Institute

3 Corners Centre
Northampton Road
London EC1R OHU

Call 0207 837 6082 for more details or visit our website

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 Rekha Kalia or 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

Friday 1st June London Symphony Orchestra Free Lunchtime Concert 12:30 - 1:15 LSO a celebration of Rebecca Clarke a composer viola player and one of the first musicians to perform in a professional orchestra, featuring her Viola Sontana with LSO violist Lander Echevarria

Seated Pilates 10:30 – 12:00 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 £2

Develop art & craft skills concentrating on painting & drawing techniques, using watercolour, acrylic and charcoal in a friendly environment to promote creativity and share ideas.

Monday 4th June

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!

General Knowledge Quiz 1:45 - 2:45 The Peel's quiz master John will provide you with a quiz with additional facts you never knew Come along join a team and test your knowledge

Tuesday 5th June

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 11:45 – 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 with Karen 2:00 - 2:45 cost £3

They say the world is a stage so come along and learn routines inspired by stage and film musicals.

No previous experience required

Wednesday 6th June

Massage 10:30 – 12:00 with Jade

Relax with an Upper Body Massage Head Neck Shoulder Back £3 for 10-minute session No appointment necessary.

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 - 2:00 cost free each session will include a light lunch and a mixture of cardio, strength and yoga exercises tailored to meet your needs

Thursday 7th June

Spa Fields Garden project 11- 11:45 The Peel social club garden maintenance

Craft Class 1:00 - 3:00 practice or learn the following hand stitching making a decorative cube. Running stitch, Back stitch, Overcast stitch, Hem stitch, Blanket stitch, Darn stitch

Men's Group 11:30 – 3:30, cost free

Cards, Men's talk

Friday 8th June

Seated Pilates 11:00 – 12:00 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.

Flamenco Class 10:00 - 11:00 with Lucia cost £3

Learn how to dance Flamenco. Lucia is a greatly experienced international dancer her classes focused mainly on the flow of the hands and feet emphasising in

coordinating the right movement of both hands and feet which characterizes flamenco, this class is for beginners fitting anyone level, all you need is a pair of heeled shoes.

Art class 1:30 – 3:30 with Hayley, cost £2

Develop art & craft skills concentrating on painting & drawing techniques, using watercolour, acrylic and charcoal in a friendly environment to promote creativity and share ideas.

Monday 11th June

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

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Prized Bingo 1:45 - 2:45 Bingo play for Prizes £1 per card 6 full houses.

Tuesday 12th June

Dance based 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 11:45 – 1:00, with June cost free

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Show Jazz Dance Class with Karen 2:00 - 2:45 cost £3

They say the world is a stage so come along and learn routines inspired by stage and film musicals. No previous experience required

Wednesday 13th June

Spa Fields Garden project 10:30 - 11:15 The Peel social club garden space requires dedicated people for its maintenance

Picnic in the Park 11:45 - 2:45 cost £3 come and join us enjoying the weather with good food and company

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 - 2:00 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 June

Future Matters Workshop 11:00 - 12:30

Islington Age UK will be here providing an informative interactive workshop

This workshop will:

Help you understand why we all need to plan for our future care and how you can do this;

Explore the benefits of writing a Will and organising Powers of Attorney;

Give you information about how to record your funeral wishes; and

Help you think about how you can share your wishes and plans with family, friends and those who may need to make decisions on your behalf e.g. your GP and/or social worker.

Craft Class 1:00- 3:00 Cube making

Men's Group 11:30 – 3:30, cost free

Cards, Men's talk

Friday 15th June

Seated Pilates 10:30 – 11:30 with Kate, cost £3

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Art class 1:30 – 3:30 with Hayley, cost £2

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Saturday 16th June

Theatre Kevin and Karen Clifton Tour 2:30 - 5:30 cost £40

Following their sell-out debut tour last year, Kevin and Karen Clifton are back with a brand new show. Featuring music that has inspired them to dance - Roxanne, Smooth Criminal, Respect, Jail House Rock and many more...

It's a hip-swinging journey with heart-pounding choreography filled with Cha Cha, Salsa, Tango and Paso Doble. Backed by a supporting cast of sensational dancers, vocalists and a live 12-piece show band, expect edge-of-your-seat routines.

Monday 18th June

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

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Creative Writing 1:30 - 3:00 Do you have a creative streak?

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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 19th June

Massage 10:30 – 12:00 with Jade

Relax with an Upper Body Massage Head Neck Shoulder Back £3 for 10-minute session No appointment necessary.

Dance based 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 11:45 – 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 with Karen 2:00 - 2:45 cost £3

They say the world is a stage so come along and learn routines inspired by stage and film musicals.

No previous experience required

Wednesday 20th June

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 - 2:00 each session will include a light lunch and a mixture of cardio, strength and yoga exercises tailored to meet your needs

Film Screening 12:45 The Artist In the 1920s, actor George Valentin (Jean Dujardin) is a bona fide matinee idol with many adoring fans. While working on his latest film, George finds himself falling in love with an ingenue named Peppy Miller (Bérénice Bejo) and, what's more, it seems Peppy feels the same way. ...

Spa Fields Garden project 10:30 - 11:15 The Peel social club raised bed and a small plot in these beautiful gardens need a lot of tender loving care

Thursday 21st June

Flower Arranging Session Bridesmaid Basket or Gift 10:30 - 12:00 cost free

Please bring the following

20 – 30 Ivy Leaves: growing everywhere

Flowers such as Gerbras , small Chrysanthemums , Daisies or any other small flat flower a small quantity of Gyp or any other small “ filler in “ flower or small leaves:

Although this arrangement cannot be rushed, it is very easy to make.

Craft Class 1:00 - 3:00 we will be using hand sewing stitches to make soft toys

Men's Group 11:30 – 3:30, cost free

Cards, Men's talk

Friday 22nd June

Seated Pilates 11:00 – 12:00 with Kate, cost £3

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Flamenco Class 10:00 - 11:00 with Lucia cost £3

Learn how to dance Flamenco. Lucia is a greatly experienced international dancer her classes focused mainly on the flow of the hands and feet emphasising in coordinating the right movement of both hands and feet which characterizes flamenco, this class is for beginners fitting anyone level, all you need is a pair of heeled shoes.

Art class 1:30 – 3:30 with Hayley, cost £2

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Monday 25th June

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?

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Tuesday 26th June

Dance based 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 11:45 – 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 with Karen 2:00 - 2:45 cost £3

They say the world is a stage so come along and learn routines inspired by stage and film musicals.

No previous experience required

Wednesday 27th June

SHP Fitness Programme 12:00 - 2:00 cost free each session will include a light lunch and a mixture of cardio, strength and yoga exercises tailored to meet your needs

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.

Mini trip to Southend on Sea 9:30 - 4:30 cost £7

Priority will be given to transport members

Thursday 28th June

Spa Fields Garden Project. 10:45 -11:45

Regular maintenance of our flourishing outdoor green space then sit back with a cup of tea and enjoy the fresh air.

Craft Class 1:00 - 3:00

You will be using basic hand sewing stitches to make a soft toy.

Men's Group 11:30 – 3:30, cost free

Cards, Men's talk

Friday 29th June

Seated Pilates 10:30 – 12:00 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 – 3:00 with Hayley,

Sadly this will be the last art class taught by Hayley Harrison at the Peel.

Hayley has inspired many students over the years, she has always been keen to develop help grow and nurture people's skills and confidence, she has provided a space where her students felt comfortable to express their creativity and share ideas and from that positive environment friendships were made.

We are extremely grateful for Hayley dedication and support she has provided for the Peel She will be missed.

Please come along and say goodbye and wish Hayley well on her future endeavours

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

Volunteer tasks include for example

- Providing members with companionship
- Leading a session / discussion
- Teaching a class
- Provide information if you work in a field of business that you could share information to a group of over 55s
- 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)

Donations

We can always use quality items for either our Raffle or Bric a Brac stall.

If you have any unwanted presents or unused quality items, please donate them and help the centre. We are happy to collect small items. Please contact Kimberley on 0207 837 6082

I would like to say a big thank you to all our volunteers

PEEL STAFF

Kimberley Bottomley Older Person Activity Coordinator

Jeana Kidd Child Care Coordinator

Emma Charlton Direct Action Project Manager

Milad Miah Finance / Admin and Premises Officer

Rajib Uddin Pitch Facilities Coordinator

Tom Neumark Chief Executive

Nicola Hewitt Head of Development