

Open to anyone over 60 living in Camden

Dear Members

November Update: As guidelines have changed, I am enclosing an updated programme to see us through the second lockdown. There are chances to keep in touch online, by phone and by mail.

Good news!

We are very happy to say that our project funding has been extended to December 2021 which means we can look forward to next year and meeting together once again throughout 2021!

Keeping in touch with members

If you have a friend in the project who you would like to stay in touch with or send a Christmas card to, do let me know. I'm happy to connect members with each other with their permission.

Help getting online

We are planning some support for those who need extra help getting set up online. If you are interested in becoming part of a potential pilot, please let me know.

Christmas hampers – still happening!

After a difficult year for many, we are very lucky to have been given funding by Somers Town Community Association and The Living Centre to send out some Christmas hampers to members. In order to be as fair as possible, if you have attended in the last year, your name will be put into a prize draw. Once names have been picked in early November (witnesses will be present!) I will contact you to see if you wish to receive one and arrange delivery.

Puzzle Books

If anyone would like to receive free puzzle books again, do let me know and I will get these sent through to you.

My working days are Monday, Tuesday and Friday. You can always call me on 07919 598 375 or 020 7209 9333 if you need a chat.

If you are struggling for food, please let me know, as there are local food banks, such as Camden Mobile Food Bank currently based at The Living Centre, who I can refer you to (or you can self-refer to).

Warm wishes,

Jess

We Are Ageing Better schedule – Online and phone programme November and December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
10am – 11am Weekly Phone Catch up 9, 16, 23 Nov & 7, 14, 21 Dec Grab a cup of tea or coffee and I will add you to the group! <u>Please Book:</u> Please book with me and I will phone you.	10am – 11am Weekly Phone Catch up 10, 17, 24 Nov and 1, 8, 15, 22 Dec Grab a cup of tea or coffee and I will add you to the group! <u>Please Book:</u> Please book with me and I will phone you.			10am – 10.40am Weekly Virtual Catch Up (Zoom) Please contact Jess for link 13, 20, 27 Nov and 4, 11, 18 Dec
1.30pm – 2.30pm Unfinished Business exhibition - British Library curators talk (Zoom) 23 November Please contact Jess for link	11am – 12pm Online cooking session with Wise about Food (Online) Starts 10 Nov Please contact Jess to sign up by email			
1pm – 2pm Book Club (monthly) Date: 9 Nov (The 39 Steps) and 7 Dec By phone <u>Please Book:</u> Please book with me and I will phone you.				12pm – 12.45pm Weekly Ukulele Group (Zoom) Please contact Jess for link. Dates: 13, 20, 27 Nov & 4, 11 Dec
1pm – 3pm Diabetes Group (monthly) Date: 16 Nov and 14 Dec By phone <u>Please Book:</u> Please book with me and I will phone you.	2pm – 2.40pm Weekly Virtual Catch Up (Zoom) Please contact Jess for link 10, 17, 24 Nov & 1, 8, 15, 22 Dec			1pm – 2pm Relax with Art (Working Mens College) 13, 20, 27 Nov and 4 Dec WMC will now be running a session on Zoom and sending out written instructions and art packs for those not online. Please contact Jess for details.