



## Autumn Events in Kingston

International Older People’s Day on 1st October is a celebration of later life.

In Kingston, a wide range of organisations are offering older people the chance to rediscover an old passion, enjoy a learning experience, or meet others.

So turn up and try something new, make connections or visit somewhere fresh this Autumn!

\* Events may be subject to change, always check with the organiser. All events are free unless stated

DATE	ACTIVITY	TIME	LOCATION	CONTACT
Thursday 29th September	<p><b>Dementia information and celebration event</b></p> <p>Join in activities and meet local organisations and groups helping people living with dementia, and their carers or loved ones, in the borough.</p>	11:00- 2:00pm	Alfriston Day Centre, 3 Berrylands Rd, Surbiton KT5 8RB	<p><a href="mailto:megan.comber@alzheimers.org.uk">megan.comber@alzheimers.org.uk</a></p> <p>07808089952</p>

Monday 3rd October	<b>Raleigh House Open Day</b>  Visit Staywell's day centre in New Malden. Raleigh House day centre offers a warm and friendly social environment for people over 65	9:00-5:00pm	Raleigh House, 14 Nelson Rd, New Malden, KT3 5EA	Call 020 8942 8256 for more information beforehand
Monday 3rd October	<b>Bradbury Open Morning</b>  Visit Staywell's older people's centre in the heart of Kingston. The centre offers a warm and supportive environment for older people who would like to socialise, take part in structured activities, including exercise, enjoy a meal and have fun	10:00-12:00pm	Bradbury Centre, 37B Grange Rd, KT1 2RA	No Need to Book, just turn up
Monday 3rd- Friday 7th October	<b>Income Maximisation support</b>  During this week, Staywell will run an campaign offering support for older people struggling with their finances	9:00-5:00pm		ring 020 8942 8256 for details of support
Tuesday 4th October	<b>Cardiac Rehabilitation programme observation</b>  Opportunity to meet the instructors and observe a class targeted at people who have had a cardiac event and how to use exercise in their recovery	Drop in between 9:30-12:00pm	Malden Centre, 32 Blagdon Rd, New Malden, KT3 4TA	Email <a href="mailto:jasonfaramus@pfplesure.org">jasonfaramus@pfplesure.org</a> or call 020 8336 7770 to find out more
6 week course starting Tuesday 4th October	<b>Strength and Balance class</b>  Class to strengthen muscles, improve bone health & balance. Suitable for people with osteoporosis, osteopenia and/ or osteoarthritis.	1:30-2:30pm	Emmanuel Church Hall, 1 Grand Avenue, Surbiton, KT5 9HU	0784 359 0895 <a href="mailto:aga@berrylandspilates.co.uk">aga@berrylandspilates.co.uk</a> <a href="http://www.Berrylandspilates.co.uk">www.Berrylandspilates.co.uk</a> (booking essential and a charge applies - classes are £60 for 6)

Tuesday 4th October	<b>Library Knit and Natter</b>	10:30am	Tudor Drive Library, 192 Tudor Drive, KT2 5QH	Cesar.fernandes@king ston.gov.uk
Tuesday 4th October	<b>Snapshots of Chessington and Kingston.</b> Join local historian Paul Lang for a fascinating look at a collection of photographs of the Chessington and Kingston area, and find out the history behind each photograph.	2:00pm	Hook Library Hook Road, Chessington, KT9 1EJ	<a href="mailto:libraries@kingston.gov.uk">libraries@kingston.gov.uk</a> No booking necessary
Tuesday 4th October	<b>Behind the scenes of Who Do You Think You Are? Family history in the 21st century</b> Dr Nick Barratt is an author, broadcaster and historian best known for his work on the early series of Who Do You Think You Are in the UK, US and Australia.	6:00pm	Surbiton Library Ewell Rd, Surbiton KT6 6AG	<a href="mailto:libraries@kingston.gov.uk">libraries@kingston.gov.uk</a> Book on <a href="http://tiny.cc/nickbarratt">http://tiny.cc/nickbarratt</a>
Wednesda y 5th October	<b>Over 50's Yoga Class- FREE</b> A gentle yoga class with exercises and movements specifically designed for the Over 50's	12.15 - 13.15	Malden Centre, Room 4, 32 Blagdon Rd, New Malden, KT3 4TA	Malden Centre 02083367770 Booking essential
Thursday 6th October	<b>Over 50's Pilates Class- FREE</b> A gentle pilates class with exercises and movements specifically designed for the Over 50's	13:00- 2pm	Malden Centre, Studio 32 Blagdon Rd, New Malden, KT3 4TA	Malden Centre 02083367770 Booking essential

Thursday 6th October	<p><b>Intergenerational Music Making with your local library</b></p> <p>Intergenerational Music Making session the event will bring together children from local schools and residents from local care homes for a fun session of Intergenerational Music Making</p>	11:00-12:00pm	New Malden Library Kingston Rd, New Malden KT3 3LY	chiara@imm-Music.com
Thursday 6 <sup>th</sup> October	<p><b>Silverfit online workshop</b></p> <p>Learn about what Silverfit, a charity promoting fitness for older people, has to offer residents in Kingston - free classes including yoga, tennis, indoor rowing, Nordic Walking, Tai Chi and Bollywood dance</p>	2:00-3:00pm	Online	<a href="mailto:clare@silverfit.org.uk">clare@silverfit.org.uk</a>
Thursday 6 <sup>th</sup> October	<p><b>Ancient Libraries Uncovered</b> <b>A talk by Will Bird</b></p> <p>In this illustrated talk we travel the ancient world – from Mesopotamia to Alexandria and beyond – exploring some of the most famous libraries in history, the people who created them and the fate of their priceless collections of knowledge.</p>	5.30pm	Tudor Drive library 192 Tudor Dr, Kingston upon Thames KT2 5QH	<a href="mailto:libraries@kingston.gov.uk">libraries@kingston.gov.uk</a> No booking necessary
Friday 7th October	<p><b>Together with Music LIVE! Move and Groove</b></p> <p>An online creative music workshop run by specialists</p>	1.30pm - 2.15pm	Zoom online workshop	Email chiara@imm-Music.com

Friday 7th October	<b>Warm Homes Better Health Advice</b> Join Thinking Works at New Malden Library for help this winter keeping your home warm, ensuring you are claiming all the discounts and benefits you are entitled to, offering energy saving advice and specialist advice on lowering your heating bills whilst staying warm	11:00am-12:00pm	New Malden Library  Kingston Rd, New Malden KT3 3LY	libraries@kingston.gov.uk
Friday 7th October  Or Friday 14th October	<b>Mindful Movement to Boost Mental Wellbeing (taster)</b>  During the sessions we will combine gentle mindful movement, use relaxation tools and have discussions to reconnect to your body.	9:30-10:30 am	Advantage Nursery 228 Red Lion Rd, Surbiton	<a href="mailto:communitylearning@kingston.gov.uk">communitylearning@kingston.gov.uk</a>  (Booking essential)
Friday 7 <sup>th</sup> October	<b>Silverfit Bollywood Fusion Dance taster- FREE</b>  Bollywood Fusion is fitness through a blend of Bollywood and other dance styles to suit all levels. No previous dance experience required	11.15 for 11.30 am – 12.15 pm	Kingston United Reformed Church, Eden Street, Kingston, KT1 1HZ	clare@silverfit.org.uk (please email book your place)
Friday 7 <sup>th</sup> October	<b>Tai Chi For Beginners taster- FREE</b>  Boost your health and well-being, improve your balance and gain a sense of calm through this ancient martial art. No experience required.	1.30 for 1.45pm - 2.30pm	Kingston United Reformed Church, Eden Street, Kingston, KT1 1HZ	<a href="mailto:clare@silverfit.org.uk">clare@silverfit.org.uk</a> (please email to book your place)
Monday 10th October	<b>Kingston Voices Choir</b>  Try out this contemporary, welcoming choir open to all the community	7:00-8:30pm	Kingston URC Eden St, Kingston upon Thames KT1 1HZ	choirs@voh.org.uk

Tuesday 11th October	<b>Health check and Free meal</b>  Health coaching session for older people followed by a meal	11:00- 12:30 pm	Korean Senior Citizens UK, Kings Oak Centre, Dickerage Lane, New Malden, KT3 3RZ	sunhwagriffiths@gmai l.com 07710789051  Please contact to book your place
Wednesda y 12th October	<b>Self Management in Osteoarthritis talk for World Arthritis Day</b>  Learn about osteoarthritis and how to look after your joints using lifestyle factors.	11.00- 12.30pm	Hook Library Hook Road, Chessington, KT9 1EJ	No Need to Book, just turn up  0300 123 8086 or swlccg.betterbones@n hs.net
Tuesday 18th October	<b>Sisterhood Choir</b>  Open to voices of all standards and you don't need to be able to read music	11:00-12:30pm	161A Clarence St, Kingston upon Thames KT1 1QT	choirs@voh.org.uk
Thursday 20th October	<b>Bone Health Talk for World Osteoporosis Day</b>  Learn about how to look after your bones. We will discuss diet, exercise and lifestyle factors, and how to keep our bones healthy and strong	10.00-12.00pm	Tudor Drive Library 192 Tudor Drive , KT2 5QH	No Need to Book, just turn up  0300 123 8086 or swlccg.betterbones@n hs.net
Friday 21st October	<b>Together with Music LIVE!</b>  Concert and Q&A	11am - 11.45am	Zoom online workshop	Email chiara@imm-Music.co m

Thursday 27th October	<p><b>Over 60s Fit and Tone Class</b></p> <p>A balanced programme of exercise; including cardiovascular, muscular resistance, core strength and relaxation. The class aims to improve flexibility and/or joint mobility with a variety of adaptable exercises.</p>	11:00 -12:00	Malden Centre, Studio 32 Blagdon Rd KT3 4TA	Malden Centre 02083367770  £5 Booking essential
Thursday 27th October	<p><b>Physical Activity talk</b></p> <p>Learn about physical activity, and the type and level of activity we need to do to maintain our health and wellbeing. Also learn about simple exercises to do yourself at home</p>	13.00- 14.30	Kingston Library Fairfield Rd, KT1 2PS	No need to Book, just turn up  0300 123 8086 or swlccg.betterbones@n hs.net

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