

## HIGHLIGHTS OF THE WEEK

**Monday 27 September**  
**Fashion Show**  
**Central Library**  
**11.00am - 12.30pm**

The fashion show will showcase clothes from all nations made, styled and modelled by older people.

**Monday 27 September**  
**Afternoon of fun**  
**Hainault Forest**  
**Community Association**  
**12.00pm - 3.30pm**

Activities and advice afternoon including bingo, short mat bowls, sequence dancing, memorabilia displays, readings, information stalls from the library, Link Place, Pensioners Forum, local police/fire brigade, Redbridge Carers Support Service and Age Concern Redbridge.

**Wednesday 29 September**  
**Information, Information**  
**Iford High Road**  
**10.30am - 3.00pm**

Information stalls from various organisations and services including Council, health, voluntary sector & more.

**Friday 1 October**  
**Health & Wellbeing Fair**  
**Valentines Mansion**  
**11.00am - 3.00pm**

The fair will include health screenings, information stalls, free basic hearing checks and support, talks, activities, taster sessions including yoga, hoola hoops, aerobics, a guided walk and a chance to tour the mansion/gardens.



## CELEBRATING UK OLDER PEOPLE'S WEEK IN REDBRIDGE

### MONDAY 27 SEPTEMBER - SATURDAY 2 OCTOBER 2010

Join us in celebrating UK Older People's week in Redbridge. UK Older People's day is officially on Friday 1 October but in Redbridge for the second year running we have organised a week-long programme of events and activities which highlight the huge contribution older people make to our society as well as raising awareness of opportunities for older people.

**All the events and activities are open to everyone of all ages, we invite you to join us in celebrating UK Older People's week and making it one to remember!**

### ADDRESSES - WHERE TO FIND ALL THE EVENTS AND ACTIVITIES TAKING PLACE

**Age Concern Redbridge**  
4th Floor,  
103 Cranbrook Road  
Ilford, IG1 4PU

**Aldersbrook Library**  
2a Park Road,  
E12 5HQ

**Allan Burgess Centre**  
2 Grove Park  
Wanstead, E11 2DL

**Central Library**  
Clements Road  
Ilford, IG1 1EA

**Clayhall Library**  
1 Claybury Broadway  
Ilford, IG5 0LQ

**Fullwell Cross Library**  
140 High Street  
Barkingside, IG6 2EA

**Goodmayes Library**  
76 Goodmayes Lane  
Ilford, IG3 9QB

**Hainault Forest**  
**Community Association**  
100b Manford Way,  
Chigwell, IG7 4DF

**Hainault Health Centre**  
Manford Way  
Chigwell, IG7 4DP

**Hainault Library**  
100 Manford Way  
Chigwell, IG7 4DD

**Mildmay**  
**Community Options**  
69 Albert Road  
Ilford, IG1 1HP

**Redbridge Institute**  
**of Adult Education**  
Gaysham Avenue,  
Ilford, IG2 6TD

**Seven Kings Library**  
679 High Road  
Seven Kings  
Ilford, IG3 8RH

**South Park**  
South Park Road  
Ilford, IG1

**South Woodford**  
**Library**  
116 High Road  
E18 2QS

**St John's Church**  
St John's Road  
Seven Kings  
Ilford, IG2 7BB

**The Drive**  
**Methodist Church**  
Ilford, IG1 3PP

**Valentines Mansion**  
Valentines Park  
Emerson Road  
Ilford IG1 4XA

**Wanstead Library**  
Spratt Hall Road  
Wanstead, E11 2RQ

**Woodford Green Library**  
Snakes Lane  
Woodford Green, IG8 0DX

**CELEBRATING**  
**UK OLDER PEOPLE'S**  
**WEEK IN REDBRIDGE**  
**27 September - 2 October 2010**

**YOUR GUIDE TO**  
**EVENTS &**  
**ACTIVITIES**  
**TAKING PLACE**  
**NEAR YOU!**

### ONGOING EVENT ALL WEEK

**Arts & Craft Display**  
**Central Library**

**Monday to Friday 9.30am - 8.00pm**  
Display of arts & craft by Age Concern Redbridge & U3A

<b>Monday 27 September</b>	<b>Tuesday 28 September</b>	<b>Wednesday 29 September</b>	<b>Drop-in Morning Hainault Library 10.00am - 12.00pm</b> Information morning focussing on finance, clubs and societies. Refreshments provided.	<b>Tea Cosy Party Aldersbrook Library 3.00pm - 5.00pm</b> Displays of original tea cosies (knitted, crochet, recycled and fabric) plus information on tea parties.	<b>Keep Fit Redbridge Institute of Adult Education 1.00pm - 2.30pm</b> Keeping fit in retirement.
<b>Craft &amp; Chatter Clayhall Library 10.00am</b> Craft & Chatter session.	<b>Healthy Walk South Park 10.00am</b> Guided easy walk through the park. Call Age Concern Redbridge for details on 020 8220 6000. (Meet by the tennis courts at 9.45am).	<b>Information, Information Ilford High Road 10.30am - 3.00pm</b> Information stalls from a variety of local organisations and services.	<b>Be Creative Goodmayes Library 1.00pm - 3.00pm</b> A chance to learn and discover how to be creative in making cards.	<b>Friday 1 October</b>	<b>Information Tea Party Seven Kings Library 1.30pm - 4.00pm</b> Information on services.
<b>Fashion Show Central Library 11.00am - 12.30pm</b> A showcase of clothes made, styled and modelled by older people.	<b>Coffee &amp; a Chat Woodford Green Library 10.30am - 11.30am</b> Coffee morning with Age Concern Redbridge offering advice and information on services.	<b>Yoga For Women The Drive Methodist Church 12.30pm - 1.30pm</b> Yoga taster session <b>for women only</b> . Call Age Concern Redbridge for details on 020 8220 6000.	<b>Chair Exercises Hainault Health Centre 2.00pm - 3.00pm</b> Chair based exercise taster. Call Age Concern Redbridge for details on 020 8220 6000.	<b>Information &amp; Tour Central Library 9.45am, 11.15am, 2.00pm, 3.30pm</b> Informal talk on computer courses and a library tour. To book a place call 020 8708 2537.	<b>Ask a Question Wanstead Library 7pm</b> Meet & greet Peter Snow (TV newscaster & radio presenter). <b>Entrance fee £5.</b>
<b>Afternoon of Fun Hainault Forest Community Association 12.00pm - 3.30pm</b> Activities and advice afternoon including bingo, short mat bowls and information stalls.	<b>Why Not Learn Something New? Mildmay Community Options 1.00pm - 3.00pm</b> IT taster course for beginners.	<b>Celebratory Lunch Allan Burgess Centre 12.30pm - 1.30pm</b> Older People's Lunch for <b>£3.50</b> + a free glass of wine. To reserve a place call 020 8989 6338 before 11.00am on the day.	<b>Focus Group Age Concern Redbridge Office 2.00pm - 3.00pm</b> Time to talk with Voices of Experience and the topic of discussion will be <b>'Times Gone By'</b> . Call Janet on 020 8220 6000 for details.	<b>Chair Exercises Allan Burgess Centre 10.00am - 11.00am</b> Chair based exercises. Call Age Concern Redbridge for details on 020 8220 6000/6338.	<b>Celebration of Poetry St John's Church 7.30pm</b> Celebrate Christian poetry with readings and choral recitals. For more information call 020 8598 1536.
<b>Knit and Natter South Woodford Library 2.00pm - 3.00pm</b> Knit & Natter session.					
<p style="text-align: center;"><b>ALL EVENTS ARE FREE (UNLESS STATED) &amp; OPEN TO EVERYONE</b></p>		<b>Thursday 30 September</b>	<b>Tying The Knot Fulwell Cross Library 2.30pm</b> Wedding customs & floral bouquets presentation. <b>Entrance fee £2.</b>	<b>Time to Learn Redbridge Institute of Adult Education 10.00am - 12.00pm</b> How to use a computer.	<b>Saturday 2 October</b>
		<b>Get Online Goodmayes Library 10.00am - 11.00am &amp; 11.00am - 12.00pm</b> An introduction to computers. To book a place call 020 8708 7750.		<b>Health &amp; Wellbeing Fair Valentines Mansion 11.00am - 3.00pm</b> The fair will include health screenings, information stalls, a tour of the mansion and a healthy walk.	<b>Nutrition for over 50's Redbridge Institute of Adult Education 10.00am - 12.00pm</b> Nutrition and health advice for the over 50's.
					