

# Health and wellbeing

---

## Art 60+

This course mixes painting, drawing and mixed media to create self expressive Art works. Suitable for beginners and those wanting to develop their skills.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
Swiss Cottage Community Centre	Wed	13:15	15:45	15/01/2020	25/03/2020	Over 50

---

## Art 60+ and Carers

This course mixes Painting, Drawing and Mixed Media to create self expressive Art works. Suitable for beginners and those wanting to develop their skills.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
Kingsgate Community Centre	Tue	09:40	12:10	14/01/2020	24/03/2020	Over 50
Third Age Project	Tue	14:00	16:30	14/01/2020	24/03/2020	Over 50

---

## Clothesmaking

Make lovely clothes for yourself or others. Learn how to use a sewing machine, choose fabrics and designs, take measurements and use paper patterns. Suitable for beginners as well as those with some previous experience in sewing.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
Abbey Community Centre	Wed	13:00	15:00	15/01/2020	25/03/2020	
Kingsgate Community Centre	Fri	10:00	12:00	17/01/2020	27/03/2020	
West Hampstead Women's Centre	Mon	10:00	12:00	13/01/2020	23/03/2020	Women

---

## Craft for 60+, women with disabilities and Carers

Learn the Craft techniques of Macramé and Quilting to make personal items of jewellery and for the home. Suitable for beginners and those wanting to develop their skills.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
<b>West Hampstead Women's Centre</b>	Wed	10:00	12:30	15/01/2020	25/03/2020	Women

---

## Cushion Making

Make cushions in different styles. Learn how to use a sewing machine, choose fabrics and designs and use paper patterns. Suitable for beginners as well as those with some previous experience in sewing.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
<b>West Hampstead Women's Centre</b>	Fri	13:00	15:00	17/01/2020	27/03/2020	Women

---

## Drama & Movement

Develop the confidence to perform in front of others through voice work, improvisation, mime and script work. Suitable for beginners as well as those with some previous experience.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
<b>Abbey Community Centre</b>	Mon	15:30	17:30	13/01/2020	23/03/2020	

---

## Fabric Decoration & Design

Learn decorative textile techniques : silk painting, transfer printing and appliqué. Then design your own fabrics to make beautiful and original fabrics for cushion covers, cards, scarves and more. Suitable for beginners and those wanting to develop their skills.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
<b>Great Croft Resource Centre</b>	Thu	09:45	12:15	16/01/2020	13/02/2020	Over 50

---

## Healthy eating

Learn to cook and eat healthy lunches by reducing sugar, salt and fat. Learn to follow a healthy and balanced diet.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
SHELL	Mon	13:00	15:00	14/01/2020	24/03/2020	

---

## Men's Cookery & Healthy Eating

Healthy eating and cooking on a budget. Part of Man Friday club at TAP. Suitable for beginners as well as those with previous experience.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
Third Age Project	Fri	11:00	14:00	24/01/2020	27/03/2020	Men

---

## Painting and Drawing

This class covers many aspects of painting and drawing, the focus in the spring term is brush techniques and colour mixing. Suitable for beginners and those wanting to develop their skills.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
London Irish Centre	Mon	14:30	17:00	13/01/2020	23/03/2020	

---

## Relaxation and Mindfulness

Learn techniques to relax the body and mind, to relieve tension and stress. Suitable for beginners as well as those with some previous experience.

<i>Venue</i>	<i>Day</i>	<i>From</i>	<i>To</i>	<i>From</i>	<i>To</i>	<i>Additional info</i>
London Irish Centre	Tue	10:30	12:00	14/01/2020	24/03/2020	

---

## Sewing Make and Mend

Learn machine & hand embroidery techniques by working on appliqué projects set by the tutor or develop your own ideas to make, mend or alter, copy or pattern cut, items of your choice. Suitable for all, beginners and those wanting to develop their skills,

<i><b>Venue</b></i>	<i><b>Day</b></i>	<i><b>From</b></i>	<i><b>To</b></i>	<i><b>From</b></i>	<i><b>To</b></i>	<i><b>Additional info</b></i>
<b>Sidings Community Centre</b>	Mon	10:00	12:30	13/01/2020	23/03/2020	

---

## Tai Chi

This is a course for beginners in Yang-style Tai Chi. You can hope to learn movements to develop your body and mind co-ordination, self-awareness and relaxation. Suitable for beginners as well as those with some previous experience.

<i><b>Venue</b></i>	<i><b>Day</b></i>	<i><b>From</b></i>	<i><b>To</b></i>	<i><b>From</b></i>	<i><b>To</b></i>	<i><b>Additional info</b></i>
<b>Camden Chinese Community Centre</b>	Tue	10:45	12:00	14/01/2020	24/03/2020	
<b>Conway House</b>	Thu	12:30	14:00	16/01/2020	26/03/2020	
<b>SHELL</b>	Tue	13:00	14:30	14/01/2020	24/03/2020	
<b>Third Age Project</b>	Thu	10:00	11:30	16/01/2020	26/03/2020	