

FULL OF LIFE

**Celebrating the lives of older people in Croydon
and bringing generations together.**

Croydon's 'Full of Life' week of celebrations will take place between **17 and 23 October** in recognition of Older People's Day on 1 October 2009.

All events listed are **FREE** unless stated.

Come and join in and make new friends.

FULL OF

ENERGY FULL OF **WISDOM**

FULL OF **TALENT**

FULL OF

KNOWLEDGE

FULL OF

VITALITY

NHS

Croydon

**CROYDON
COUNCIL**
www.croydon.gov.uk

UK Older People's Day is now in its third year and we want to build on the huge success of last year by getting even more people involved in the celebrations across the UK in 2009.

Last year, over 50,000 people took part in 900 local events across the country in the weeks around 1 October. The events celebrated the role that older people play in our society, promoted a more positive view of later life, and were also a great opportunity for generations to get together and interact. Events varied from allotment projects to tea dances, exercise classes to achievement awards, and ranged from a couple of hours to multi-day festivals.

The theme for 2008 was **'bringing generations together'** - recognising that there are many benefits in getting to know people outside of your own age group and in being active in the community where you live.

This theme proved so popular, it has been extended to 2009 with even more community activities to help bring together people of all ages, and backgrounds.

'bringing generations together'

Tuesday 13 October 2009

Share a bacon or sausage 'sarnie'

New Addington Good Samaritans | 1 Salcot Crescent | New Addington

Saturday 17 October 2009

Family History | Learn how to use Ancestry Online

Level 2 training room | Central Library | Katharine Street
10 – 11am | 11.30am – 12.30pm

For grandparents and grandchildren to research family history together.

Maximum of nine pairs of grandparents and grandchildren at each session on a first come, first served basis. Arrive early to avoid disappointment.

Saturday 24 October 2009

Guides, Brownies and Rainbows tea party for older people

Scout Hall | Peacock Gardens | Selsdon Vale | Selsdon

Come and join us at our tea party, for tea, cake and entertainment.

For further details ☎ **07789 276 158**

Croydon events

Monday 19 October to Thursday 22 October

Satsang 'Hindu Devotional Bhajans (songs)'

Light refreshment provided | 1.30 – 3.15pm | All welcome
Vishwa Hindu Parishad | 10 Thornton Row | Thornton Heath

Monday 19 October to Friday 23 October

Vishwa Hindu Parishad – open lunch club

Join us for lunch. Asian vegetarian Gujarati-style meals

10 Thornton Row | Thornton Heath

Noon – 1pm | Cost £3 per person. To book a meal call Mr K Jhalla on

☎ **020 8665 5502** between 9am - 9.30am

'Age, snapped' photography competition

Supported by Croydon Adult Learning and Training (CALAT)

'Age snapped', is a photography competition and exhibition, organised by the 'Full of Life - bringing generations together' campaign, to celebrate UK Older People's Day. It will showcase photographs celebrating the contribution older people make to our society, which may include inspirational people, memorable events and personal interpretations.

Open to anyone of any age, we particularly welcome entries from younger people with their inspirational images of older people and the contribution they make to our society.

How to enter

Get a camera | Take a picture on the theme of celebrating the contribution older people make to our society | Send it in: to www.myworldcroydon.co.uk

Prizes | 1st prize: A CALAT Photography Course (5 week or 1 day intensive). All entries will be displayed during week Monday 19 October - Friday 23 October in Croydon.

Closing Date Thursday 22 October 2009.

Finalists will be displayed at the Arnhem Gallery on Friday 23 October and the winning entry will be updated on the website on Monday 26 October.

Croydon events

Monday 19 October 2009

'Walking for health' walk

11am | Meet at Lloyd Park tram stop | Coombe Road | Croydon
Wear sensible footwear and dress for the weather! An easy, sociable, way of getting out and about. Walk: approximately one hour.

Introduction to computers | Informal sessions

Introduction and advice on learning how to use computers.

Thornton Heath Library | Brigstock Road | Thornton Heath
10 – 11am | 11 – noon | noon – 1pm

Come and have a go call ☎ **020 8402 4604** to book a place.

Free juice and fruit refreshment.

Singalong and lunch | **Together in Waddon**

Come and have a singalong and social lunch.

St George's Church | Barrow Road | Waddon

1 – 4pm

Call Craig or Christina to confirm lunch on ☎ **020 8667 0803**

'The Big Match' | Intergenerational football match

We are seeking people aged 50 and over to play in this football match against a group of 12 to 17 - yr olds | Kit provided

Two training sessions: 5 and 12 October

Match: 19 October 2009 | Time: 6 – 8.30pm

Selhurst Astro turf | Dagnall Park | SE25 5HN

For full details contact: jenny.gunston@croydon.gov.uk

☎ **020 8760 5707**

Come and support the game | Parking available at the Dagnall Park entrance

The Winterbourne Youth Centre

You are invited to an open evening as part of the Full of Life programme

6.30pm to 9.30pm | All welcome

The group will provide games, cookery and music

Winterbourne Youth Centre | Winterbourne Road | Thornton Heath

Addiscombe Neighbourhood Care Association

Social event and open house

Extend exercise | 10 – 11am

Come and join us to keep fit and mobile with gentle exercises.

Lunch and bingo | noon – 2pm | **All welcome**

St Mildred's Centre | Bingham Road | Addiscombe

Upper Norwood Association for Community Care invite you to an open day at the Waterside Centre

'Full of Life'; Then and now - how World War II helped us live life to the full

This event coincides with the 70th anniversary of the start of World War II. We will be exhibiting old photographs, stories and music relating to the war years.

Drinks and cakes available.

11am – 2pm | All are welcome, particularly local schools and other groups.

The Waterside Centre | 26 Avenue Road, | South Norwood

Active Lifestyles free taster session – bowling

Keep fit, have fun and enjoy an introductory session to flat green bowling.

All ages welcomed. All equipment provided.

12.30pm – 2pm | Croydon Bowling Club | South Croydon

To book your place, please contact Ayesha Lahai-Taylor on:

📞 **020 8686 4433 ext 88965.**

Please note that spaces are limited.

Active Lifestyles free taster session – line dancing

Have fun and learn to dance to the old country classics.

All abilities welcome, including beginners

12.30pm – 1.30pm | Coulsdon Community Centre

To book your place please contact Ayesha Lahai-Taylor on:

📞 **020 8686 4433 ext 88965.** Please note that spaces are limited.

Croydon events

Tuesday 20 October 2009

Age Concern's line dancing taster session and tea | 1.30 – 3pm
Christchurch | Sumner Road | West Croydon

Introduction to computers | informal sessions
Introduction and advice on learning how to use computers.

10 – 11am | 11 – noon | 12 – 1pm

Thornton Heath Library | Brigstock Road | Thornton Heath
Come and have a go | Call ☎ **020 8402 4604** to book a place.
Free juice and fruit refreshment.

Bring and Buy, lunch and jive lesson | All welcome
Tasty homemade Asian lunch (vegetarian and halal meat options) | 1 – 2.30pm
Eastern Oasis | St Jude's Church | Mitcham Road | CR0 3AA

Christmas card making session

2.30 – 4.30pm | Make a Christmas card for your friends and family.
Shirley Library | corner of Wickham Road and Hartland Way | Shirley | CR0 8BH

Addiscombe Neighbourhood Care Association | Social event and open house
Come and join us for lunch, and a game of Bingo | 12noon – 2pm
St Mildred's Centre | Bingham Road | Addiscombe
First-come, first-served basis | All welcome

IT taster sessions and cakes at Age Concern, Croydon

1- 3pm | All welcome

Age Concern Croydon | IT Suite | 158-162 London Road
West Croydon | CR0 2TD

Jagruti Women's group - henna hand art and threading

You are invited to an open afternoon – including henna hand art and threading.
Come and see what we do and meet new friends.

1.30 – 3.30pm | Women of all ages welcome

Winterbourne Youth Centre | Winterbourne Road | Thornton Heath

Wednesday 21 October 2009

'Read and Natter'

10am – 12noon | Have a chat, cup of tea and borrow a book or two.
Broad Green Library | 89 Canterbury Road | Croydon | CR0 3HH

Introduction to computers | Informal sessions

Introduction and advice on learning how to use computers.

Level 2 | Central Library | Katharine Street

2 – 3pm | 3 – 4pm | 4 – 5pm

Drop in, no need to book | Come and have a go

Free juice and fruit refreshment.

PACE open afternoon

Come along and make new friends, join us for a cup of tea and a cake, and see what we do | 2 – 4pm | All welcome

Purley and Coulsdon Club for the Elderly (PACE)

Dorothy Mortby Centre | 119 Lansdowne Road | Purley | CR8 2PE

Vietnamese and Chinese refugee Centre open day

Cornerstone House | Willis Road | Croydon

10am start | Tai Chi/majhong/music

Noon | Homemade Chinese or Vietnamese lunch

1pm | Computer class – website building (beginners and intermediate)

For more information contact: ☎ **0208 665 0713**

Places are FREE and are on a first-come, first-served basis.

Parchmore Funday - Music and dance throughout the generations

Parchmore, Croydon Neighbourhood Care Association and Croydon Hearing Resource centre are joining together to invite you to a day of line dancing, street dancing, seated exercise, African drumming, songs from *Mamma Mia*, 'teach your granny to text' and much more.

Lunch and refreshments provided

10am – 2pm | All welcome

Parchmore Community Centre | Parchmore Road | Thornton Heath

Croydon events

Wednesday 21 October 2009

Disability information day

DisabilityCroydon, in association with Croydon community access service, invite you to a roadshow to explore accessible computer packages for disabled people, employment options and general information.

10am – 2pm | All welcome

St Oswald's Parish Hall | St Oswald's road (just off Green Lane)

Norbury | SW16 3SB

For further information call DisabilityCroydon on: ☎ **020 8684 5538**

The Bangladesh Welfare Association Croydon

You are invited to a healthy eating talk with a health visitor and a nutritionist, and a chance to taste healthy food.

Home-made lunch and a talk on how to eat more healthily.

Noon – 2.30pm | All welcome

Women's Peace Foundation | Haslemere Hall | Haslemere Place

2a Haslemere Road | Thornton Heath | CR7 7BE

Mercedes Amos Day Centre – open day and Full of Life fashion show

Come and see what we do and meet new friends.

Healthy lunch

11am – 2pm | All welcome

Westbury Community Centre | Byers Memorial Hall | 183 Handcroft Road

Broad Green | CR0 2SN

The Samuel Coleridge Taylor Centre – youth group

Invite you to an evening of cookery, music and art.

7pm – 9.30pm | All welcome

Samuel Coleridge Taylor Centre | 194 Selhurst Road | Croydon | SE25 6XX

FULL OF

ENERGY

FULL
OF

WISDOM

Thursday 22 October 2009

Introduction to computers | Informal sessions
Introduction and advice on learning how to use computers.

Level 2 | Central Library | Katharine Street
2 – 3pm | 3 – 4pm | 4 – 5pm

Drop in, no need to book | Come and have a go
Free juice and fruit refreshment.

Bring and Buy, lunch and jive lesson | 1 – 2.30pm
Tasty homemade Asian lunch (vegetarian and halal meat options)
Eastern Oasis | St Jude's Church | Mitcham Road | CR0 3AA

Active & Upright Circuits

Come and try something different this autumn. Active Lifestyles is offering a free taster session.

Complete body workout using toning, cardiovascular and strengthening exercises. Classes are for those new to exercise, returning to exercise after illness and the more mature exerciser.

1.30 – 2.30pm | Selsdon Hall, next to Selsdon Library
To book your place, please contact Ayesha Lahai-Taylor on:
📞 **020 8686 4433 ext 88965**. Please note that spaces are limited.

'Music and Full of Life'

Come and discuss the controversial music of your youth or bring an instrument and help create a new tune.

6pm – 8.30pm | Dinner provided
Croydon Development Trust | 62-64 Windmill Road | Croydon

To book a place please contact jenny.gunston@croydon.gov.uk
📞 **020 8760 5707**

FULL OF
KNOWLEDGE

Croydon events

Thursday 22 October 2009

Addiscombe Neighbourhood Care Association | Social event and open house

Extend exercise | 10 – 11.00am

Come and join us to keep fit and mobile with gentle exercises.

St Mildred's Centre | Bingham Road | Addiscombe

First come, first served basis | All welcome

Charisma luncheon club invite you to 'Spice of life'

An event that welcomes everyone including members and carers. Activities include picture presentations of clients, as seen from different points in their lives, and dancing involving clients, carers and staff, highlighting the different genres of music and dance that clients and the younger generation are accustomed to.

11am to 3pm | All welcome

Charisma Luncheon Club | 21-23 Woodville Road

Thornton Heath | CR7 8YT

Croydon African Caribbean Family Organisation (CACFO) | Open Day

art and craft exhibition | craft market | comedy and dance

Sing-a-long | Caribbean cuisine

10am – 3pm | All welcome

CACFO | 40 Northwood Road | Thornton Heath

Silver Rainbow lunch club

For older gay men and women living in Croydon and the surrounding area. Have lunch and meet new friends.

Los Toreros | 35 Westow Street | Crystal Palace | SE19 3RW

Noon for 12:30pm

If you would like to attend please call **007594 572623** or email info@silverrainbow.org.uk. More details on www.silverrainbow.org.uk.

FULL OF
VITALITY

FULL OF
TALENT

Friday 23 October 2009

Age Concern's 'walking for health' walk.

11am | Meet outside Lidl supermarket | London Road | Croydon
(Opposite Age Concern).

Wear sensible footwear and dress for the weather!

An easy, sociable way of getting out and about.

Walk approximately one hour.

Introduction to computers | Informal sessions

Introduction and advice on learning how to use computers.

Level 2 | Central Library | Katharine Street | 2 – 3pm | 3 – 4pm | 4 – 5pm

Drop in, no need to book | Come and have a go

Free juice and fruit refreshment.

'Knit and Natter'

2.30pm – 4.30pm | Shirley Library | Corner of Wickham Road and
Hartland Way | Shirley | CR0 8BH

Contact Irene Butler for further information on ☎ **020 8726 6900**

Bingo | 10am – 12noon | All welcome

Come and enjoy a morning of bingo with refreshments.

Selsdon Centre for the Retired | Sainsbury's building

Addington Road | Selsdon

Contact Mrs Clarke for information ☎ **020 8651 4066**

Old Coulsdon Centre for the Retired

You are invited to 'Full of Life' lunch with entertainment provided.

12.30 -3pm | All welcome

The Old Coulsdon Centre | Grange Park Recreation Ground | Old Coulsdon

Croydon's Full of Life Finale

By invitation only | 10am – 3pm

Arnhem Gallery | Fairfield Halls | Park Lane | Croydon | CR9 1DG

For more information contact: jayne.brown@croydon.gov.uk

Croydon Clocktower events

Listed below is a selection of some of the events and displays being held at
Croydon Clocktower | Katharine Street | Croydon | CR9 1ET

Monday 19 October to Thursday 22 October

Art project – Full of Life mural

The Community Access service and the Challenger's group are seeking people of all ages to create an image of their interpretation of 'Full of life'. You can draw, paint, use collage or whichever medium you prefer. The only specification is that the image is made on a postcard.

Each postcard will form part of a large mural. Packs of postcards are available prior to the event. Please call ☎ **020 8726 6000 ext 61661** or email susan.collins@croydon.gov.uk or andrea.gregg@croydon.gov.uk

Croydon Voluntary Association for the Blind (CVAB)

Audio services highlighting Croydon's talking newspapers, *Croydon Advertiser* and *Your Croydon*, as well as local services and community events.

Plus demonstrations on low vision equipment.

Monday 19 October 2009

POP bus

Healthy eating information and advice

Tamil Women's Group

Spices, their cooking uses and medicinal values, breathing techniques and 'rangoli', a traditional Indian decoration done outside a door for Diwali festival.

Jiving showcase at the Clocktower

15 min sessions | 11.45am and 2pm

Come and relax with an invigorating foot massage

'Knit and Natter'

Monday 19 October 2009

Singing at the Clocktower | 6.30pm – 8pm

You are invited to join us for an open, introductory singing workshop, in the gorgeous acoustics of the Clocktower atrium open space, to sing a wonderful mix of jazz, blues, folk, and world music.

Catherine runs friendly singing workshops where you will all feel safe to join in and free your voices. All ages and abilities welcome. We will sing a range of styles of music, together, with no one singing on their own. All songs taught by ear. Great fun, relaxing and energising – a real community feeling.

All levels of experience, are welcome.

Tuesday 20 October 2009

Surrey Street Market display and collage

Young/old market trader competition | Memory game with fruit.

Fruit samples | Do you know your five a day | Posters and booklets.

Memory book for people to write their memories of the market.

Carers contactline | Useful information for carers

POP bus | Healthy eating information and advice

'Knit and Natter'

Museum Talk – 'Elders in our care'

Malcolm Jones from Age Exchange will be talking about a new exhibition which is coming to the Croydon Clocktower in March 2010 called 'Elders in our Care'.

2 – 3.30pm | Clocktower activities room

FREE | Tickets from Clocktower ticket office ☎ **020 8253 1030**

Email: ticketoffice@croydon.gov.uk

SMS text: 07771 837121 | Minicom: 020 8253 1027 (for people who find communication by telephone difficult)

Post: Ticket Office | Croydon Clocktower

Katharine Street | Croydon | CR9 1ET

Croydon Clocktower events

Wednesday 21 October 2009

POP bus with toys from the toybus

Bringing generations together. Starring Charlie Farley children's entertainer

Noon – 2pm | All welcome

This popular two-hour show includes a magic show, disco, competitions, dancing and party games, finishing with Charlie's dancing routine.

Tamil Women's Group

Spices, their cooking uses and medicinal values, breathing techniques and 'rangoli', a traditional Indian decoration done outside a door for Diwali festival.

Jiving showcase at the Clocktower | 15 min sessions | 11.45am and 2.00pm

Thursday 22 October 2009

POP bus health checks

Tamil Women's Group

Spices, their cooking uses and medicinal values, breathing techniques and 'rangoli', a traditional Indian decoration done outside a door for Diwali festival.

Jiving showcase at the Clocktower | 15 min sessions | 11.45am and 2.00pm

Bag making workshop

Bring a friend or relative and make a lovely bag to take home.

Children must be accompanied by an adult.

6pm – 8.30pm | FREE

Tickets from ticket office ☎ **020 8253 1030**

Email: ticketoffice@croydon.gov.uk

SMS text: 07771 837121 | Minicom: 020 8253 1027 (for people who find communication by telephone difficult)

Post: ticket office | Croydon Central Library | Katharine Street

Numbers limited to 25 – first-come, first-served.

Library events

Bring your grandchild and join in with:

Baby Rhymetime or Toddler Wiggle and Jiggle at the library.

It's fun and active and it's free – just turn up and have a go.

For further information ring ☎ **020 8726 6900**

Ashburton Library | Shirley Road | Addiscombe | CR9 7AL

Tuesdays 11am & Thursdays 10.30am

Saturday 17 October 10am and 11am

Bradmore Green Library | Bradmore Way | Coulsdon | CR5 1PE

Fridays 10am and 11am

Saturday 17 October 11.15am

Broad Green Library | 89 Canterbury Road | Croydon | CR0 3HH

Fridays 10.30am

Saturday 24 October 10.30am

Coulsdon Library | Brighton Road | Coulsdon | CR5 2NH

Tuesdays 10am and 11am

Saturday 17 October 10.30am

Croydon Central Children's Library | Croydon Clocktower | Katharine

Street Croydon | CR9 1ET

Wednesdays 11am and Thursdays 10.30 and 11.30am

New Addington Library | Central Parade | New Addington | CR0 0JB

Fridays at 10am

Saturday 17 October 11.15am

Norbury Library | London Road/Beatrice Avenue | Norbury | SW16 4UW

Thursdays 11am and Fridays 11am

Saturday 24 October 10.30am

Purley Library | Banstead Road | Purley | CR8 3YH

Tuesdays 10am and 11am

Saturday 17 October 10am

Library events

Sanderstead Library | Farm Fields | South Croydon | CR2 0HL
Wednesdays 10am and 11am
Saturday 17 October 10.30am

Selsdon Library | Addington Road | Selsdon | CR2 8LA
Fridays 10.15 and 11.15am
Saturday 24 October 10.30am

Shirley Library | Wickham Road/ Hartland Way | Shirley | CR0 8BH
Fridays 10am and 11am
Saturday 17 October 10am

South Norwood Library | Lawrence Road | South Norwood | SE25 5AA
Tuesday 11am and Fridays 2pm
Saturday 17 October 11am

Thornton Heath Library
Thornton Heath Children's Centre | 51 Pridham Road
Tuesdays 10am

We would like your feedback on this week of events.
Please let us know your thoughts.

Contact:

Jayne Brown | jayne.brown@croydon.gov.uk | 020 8726 6500 ext 62976 or

Jan Bannister | jan.bannister@croydon.gov.uk | 020 8726 6500 ext 63812

11th Floor South East Quadrant | Taberner House
Park Lane | Croydon | CR9 2BA

We value your response – thank you

**FULL
OF LIFE**