



September events

DATE	TIME-	EVENT	WHERE	INFORMATION
Monday 02 nd September	11:00am	Visit from a furry friend - Jen and Wilma	Candler	Please let your Scheme Manager know if you would like a visit.
Monday 02 nd September	2:00- 4:00pm	Bridge Club	Hickey's Chapel	All welcome
Monday 02 nd September	2:30- 4:30pm	Croquet	Church Estate Lawn	All welcome
Tuesday 03 rd September	10:00am	Morning Prayer	Hickey's Chapel	All welcome
Tuesday 03 rd September	2:00- 4:00pm	Chess Club	Garden Room	All welcome
Wednesday 04 th September	2:00- 4:00pm	Bingo	Hickey's Chapel	All welcome
Thursday 05 th September	2:00- 5:00pm	Arts and Craft and Itch to Stitch	Wright's Terrace Room	All welcome
Thursday 05 th September	4:30pm	Evening Prayer	Hickey's Chapel	All welcome

Thursday 05 th September	Music starts at 5:45pm	An evening of classical music with the Eloysia String Quartet	On the lawn at Michel's	All welcome More information on final page
Friday 06 th September	10:15am	Yoga	Hickey's Chapel	All welcome
Friday 06 th September	12:00- 1:00pm	NEW! Stroll for fitness	Hickey's Chapel	All welcome
Friday 06 th September	2:00- 4:00pm	Bridge Club	Garden Room	All welcome
Sunday 08 th September	10:30am 5:30pm	Holy Communion Evening Prayer	Hickey's Chapel	All welcome
Monday 09 th September	11:00am	Zumba	Hickey's Chapel	All welcome
Monday 09 th September	11:00am	Visit from a furry friend Jen and Wilma	The Vineyard	Please let your Scheme Manager know if you would like a visit
Monday 09 th September	2:00- 4:00pm	Bridge Club	Hickey's Chapel	All welcome
Monday 09 th September	2:30- 4:30pm	Croquet	Church Estate Lawn	All welcome
Tuesday 10 th September	10:00am	Morning Prayer	Hickey's Chapel	All welcome
Tuesday 10 th September	10:00am	Out and About Group Chihuly Glass Art at Chelsea Barracks	Meet outside Richmond Station at 10:00am	All welcome Please let your Scheme Manager know if you would like to join.

Tuesday 10 th September	2:00- 4:00pm	Chess Club	Garden Room	All welcome
Thursday 12 th September	2:00- 5:00pm	Arts and Craft and Itch to Stitch	Wright's Terrace Room	All welcome
Thursday 12 th September	4:30pm	Evening Prayer	Hickey's Chapel	All welcome
Friday 13 th September	10:15am	Yoga	Hickey's Chapel	All welcome
Friday 13 th September	12:00- 1:00pm	NEW! Stroll for fitness	Hickey's Chapel	All welcome
Friday 13 th September	2:00- 4:00pm	Bridge Club	Garden Room	All welcome
Saturday 14 th September	10:00am	Out and About Florence Nightingale Museum	Meet outside Richmond station at 10:00am	All welcome Please let your Scheme Manager know if you would like to join.
Sunday 15 th September	10:30am 5:30pm	Holy Communion Songs of Praise	Hickey's Chapel	All welcome
Monday 16 th September	11:00am	Zumba	Hickey's Chapel	All welcome
Monday 16 th September	11:00am	Visit from a furry friend Jen and Wilma	Houblon's	Please let your Scheme Manager know if you would like a visit
Monday 16 th September	2:00- 4:00pm	Bridge Club	Hickey's Chapel	All welcome

Monday 16 th September	2:30- 4:30pm	Croquet	Church Estate Lawn	All welcome
Tuesday 17 th September	10:00am	Morning Prayer	Hickey's Chapel	All welcome
Tuesday 17 th September	2:00- 4:00pm	Chess Club	Garden Room	All welcome
Wednesday 18 th September	2:00pm	Film Club Showing "The Aviator"	Hickey's Chapel	All welcome More information on final page
Thursday 19 th September	2:00- 5:00pm	Arts and Craft and Itch to Stitch	Wright's Terrace Room	All welcome
Thursday 19 th September	4:30pm	Evening Prayer	Hickey's Chapel	All welcome
Friday 20 th September	10:15am	Yoga	Hickey's Chapel	All welcome
Friday 20 th September	12:00- 1:00pm	NEW! Stroll for fitness	Hickey's Chapel	All welcome
Friday 20 th September	2:00- 4:00pm	Bridge Club	Garden Room	All welcome
Sunday 22 nd September	10:30am 5:30pm	Harvest Celebration Communion Evening Prayer	Hickey's Chapel	All welcome More information on final page
Monday 23 rd September	11:00am	Zumba	Hickey's Chapel	All welcome

Monday 23 rd September	11:00am	Visit from a furry friend Jen and Wilma	Hickey's	Please let your Scheme Manager know if you would like a visit.
Monday 23 rd September	2:00- 4:00pm	Bridge Club	Hickey's Chapel	All welcome
Monday 23 rd September	2:30- 4:30pm	Croquet	Church Estate Lawn	All welcome
Monday 23 rd September	5:30pm	Harvest Supper	Hickey's Chapel	All welcome Please let your Scheme Manager know if you would like to attend. More information on final page.
Tuesday 24 th September	10:00am	Morning Prayer	Hickey's Chapel	All welcome
Tuesday 24 th September	2:00- 4:00pm	Chess Club	Garden Room	All welcome
Thursday 26 th September	2:00- 5:00pm	Arts and Craft and Itch to Stitch	Wright's Terrace Room	All welcome
Thursday 26 th September	4:30pm	Evening Prayer Please note change of venue!	Green Room	All welcome
Friday 27 th September	10:00- 4:00pm	Full of Life Fair	Twickenham Stadium	The Annual Full of Life Fair provides residents aged 55 and over with the local information and resources they need to live physically active, healthy, happy and independent lives. Register at: www.richmond.gov.uk/full of life

Friday 27 th September	10:15am	Yoga Please note change of venue!	Garden Room	All welcome
Friday 27 th September	10:30- 12:00 noon	Macmillan Coffee Morning	Hickey's Chapel	Please come and support this annual event and raise money for a worthy cause. Tea, Coffee, Cake, Raffle, Bottle Tombola and much more.
Friday 27 th September	12:00- 1:00pm	NEW! Stroll for Fitness Please note change of venue!	Garden Room	All welcome
Friday 27 th September	2:00- 4:00pm	Bridge Club	Garden Room	All welcome
Sunday 29 th September	10:30am	Holy Communion	Hickey's Chapel	All welcome
Monday 30 th September	11:00am	Zumba	Hickey's Chapel	All welcome
Monday 30 th September	11:00am	Visit from a furry friend Jen and Wilma	Church Estate	Please let your Scheme Manager know if you would like a visit.
Monday 30 th September	2:00- 4:00pm	Bridge Club	Hickey's Chapel	All welcome
Monday 30 th September	2:30- 4:30pm	Croquet	Church Estate Lawn	All welcome
Tuesday 01 st October	10:00am	Morning Prayer	Hickey's Chapel	All welcome

Tuesday 01 st October	2:00- 4:00pm	Chess Club	Garden Room	All welcome
Wednesday 02 nd October	11:00am	NEW! Nordic Walking with Rosie Cooke	Meet outside on the lawn at Hickey's	Please let your Scheme Manager know if you would like to join. More information on final page
Wednesday 02 nd October	2:00- 4:00 pm	Bingo	Hickey's Chapel	All welcome
Thursday 03 rd October	2:00- 5:00pm	Arts and Craft and Itch to Stitch	Wright's Terrace Room	All welcome
Thursday 03 rd October	4:30pm	Evening Prayer	Hickey's Chapel	All welcome
Friday 04 th October	10:15am	Yoga	Hickey's Chapel	All welcome
Friday 04 th October	12:00- 1:00pm	NEW! Stroll for Fitness	Hickey's Chapel	All welcome
Friday 04 th October	2:00- 4:00pm	Bridge Club	Garden Room	All welcome
Friday 04 th October	3:30pm	St. Francis Day Service - Followed by refreshments	Hickey's Chapel	All welcome
Sunday 06 th October	10:30am	Holy Communion followed by refreshments	Hickey's Chapel	All welcome

Why not come and try a new activity this month – and even if you don't want to take part, you can still come along for the company and a chat....or even invite a neighbour to join you.

Transport can be arranged to all events (unless specified) if you have no other options or are unable to use public transport. Speak to your Scheme Manager for more information. Please note, residents attending sessions of any event/activity at any estate are not permitted to park on-site. All events are **FREE** of charge to residents unless stated otherwise in the information column.

For more information on events see the latest edition of The Almshouse News or check noticeboards.

Location Details:

Chapel: Front of Hickey's Estate, Sheen Road, TW9 1XB

Garden Room: 11 – 14 Church Estate, side gated entry, Sheen Road, TW9 1UX

Church Estate Lawn: 1 – 10 Church Estate, Sheen Road, TW9 1UX

Michel's Garden: 10, Michel's Almshouses, The Vineyard, (gated entry), TW10 6AH

Wright's Terrace Room: Wright's Almshouses, 151 Heath Road, Twickenham, TW1 4DS



Film Club

Wednesday 18th September
at 2.00pm

The Aviator

Howard Hughes was a wily industrialist, glamorous movie producer and unstoppable American innovator – but thought of himself first and foremost as an aviator. In this spectacular epic, director Martin Scorsese focuses on the most prolific period in the life of Hughes: the mid-1920s through the 1940s. It was a time of brilliant aeronautical invention, turbulent love affairs and savage corporate battles. Prepare yourself for the ride of a visionary lifetime.

Cast: Leonardo DiCaprio, Cate Blanchett, Kate Beckinsale

Director: Martin Scorsese

Rating: 12A

Runtime: 2h 46m



Refreshments during the interval

Harvest Celebration!

Celebrating the provision of food and flowers and the joy of creation!

Sunday 22nd September

Harvest Celebration Communion, 10.30am,
with a Harvest Display and Harvest Hymns.

Monday 23rd September Harvest Supper at
5.30pm, with Soup & Sweet.

If you would like to attend the Harvest Supper please let
Derrick or your scheme manager know by Sunday 15th
September at the latest.

Harvest donations of tinned and dry goods for the
Richmond Foodbank can be brought to Chapel from the
16th to the 19th of September.

Home grown fresh produce to brighten up the display is
also welcome!

You are welcome to help **create the harvest
display from 3.00pm on 19th September.**

Goods the Richmond Foodbank need:

CUSTARD	CRISPS
RICE PUDDING	RICE (500G & 1KG BAGS)
LONG LIFE JUICE	SQUASH (ORANGE, BLACKCURRANT ETC)
TINNED MEAT	COFFEE (SMALL JARS)
TINNED VEG	WASHING UP LIQUID
TINNED FISH	SHAMPOO
TINNED TOMATOES	CONDITIONER
PASTA SAUCE	WASHING
LONG LIFE MILK (SEMI- SKIMMED & FULL FAT)	POWDER/CAPSULES
TINNED FRUIT	DEODORANT
JAMS AND MARMALADE, INCLUDING MARMITE	RAZORS
AND PEANUT BUTTER	SHAVING FOAM
BISCUITS	TOILET ROLLS
TINNED PULSES (NOT BAKED BEANS)	SHOWER GEL
	UNWANTED CARRIER BAGS

**Please make sure all goods are in date and tins are not dented
or rusty.**

NORDIC WALKING SESSIONS WITH ROSIE

-

What is Nordic Walking?

Nordic Walking is a safe, natural and effective form of exercise. It is a sociable way of exercising whilst being in the great outdoors.

Benefits include:

Exercises over 90% of skeletal muscles

Increases cardiovascular activity

Improves posture

Increases spinal rotation and flexibility

Shapes and tones

Enhances mood

Uses both sides of your brain

Rosie has kindly agreed to begin another course of the very popular Nordic Walking.

The course will run for four weeks and begins on Wednesday 2nd October at 11.00am. Starting off on the lawns at Hickey's Almshouses.

If you would like to join the course can you please contact your Scheme Manager and book your place. Rosie needs to know numbers so that she can bring the right number of poles with her.



An evening of classical music

JOIN US OUTSIDE IN THE GARDEN AT MICHEL'S FOR AN EVENING OF CLASSICAL MUSIC ON THURSDAY 5 SEPTEMBER WITH THE ELOYZIA STRING QUARTET, FEATURING MUSIC FROM COMPOSERS SUCH AS BACH, MOZART, HOLST AND HAYDN

MUSIC WILL START AT 5:45PM.

CHEESE AND BISCUITS

WINE AND SOFT DRINKS