

Welcome to the Clockhouse!

Activities, interests, fun and friendship for todays over 50's on the Leys

(All events at the Clockhouse, Long Ground, Greater Leys OX4 7FX, unless stated)

July and August 2017

TEA-TIME SOCIAL. Every **Monday (except 28 August Bank Holiday)**

Enjoy a cup of tea and a chat, play Boccia in door seated bowls using small leather balls. (plus board games if you want). **1.30-3.30 pm. £1.**

AGE UK DROP-IN. Next ones: **Monday 31 July 2017, 2-3.30 pm.**

Friendly information and help on over-50s services and activities in Oxford.

New! DISCOVERING FAMILY HISTORY. Delve into the past and discover your family history.

Sessions will start again in September 2017

At BLACKBIRD LEYS COMMUNITY CENTRE, Blackbird Leys Road.

No previous computer knowledge needed – full support will be given.

Joint WEA/Leys CDI course.

Please tel: 0774 779 0154 to book your place.

Island Ink: Celebrating the journalistic Heroes of the Caribbean Inspiring history group with local historian Natty Mark.

Monday 11am-12noon (but NO session on Bank Holidays)

Explore the international/British black community's contribution, through the eyes and ears of accredited black journalists. Learn of their impressive life stories during turbulent times!

DANCE: Mondays LINE DANCE **Monday 3 July and then a break for August back again Monday 4 September.**

11-12, £2. Beginners and seated dancers very welcome. No partners needed.

OVER-50s ADVICE. FREE. Monthly session. BOOK appointments 10-12. Tel: 395908.

YOGA. Every **Tuesday 10-11 am** £2. Last session Tuesday 4 July returning 5 September.

SINGING FOR FUN. Every **Tuesday. We are taking a break in August.**

1.30 – 3.30 pm. FREE. **Please phone: 395908 if you would like to join this fun group)**

WEDNESDAY CRAFTS. Weekly **11 am – 12.30 pm.** Bring your knitting, crochet, sewing or drawing/colouring, it's never too late to learn a craft and join us for a natter. £1

Phoenix Rising - We have moved to the Clockhouse – Weekly group meets on a **Wednesday 1.30 - 4pm** – activities, speakers, trips please call Sheila Kelly 07534740589 or 395908 We are closed for August.

TAI CHI. Every **Thursday 10-11 am.** Last session for summer **27th July start back 7th September.** £2.

Boost your flexibility, improve your fitness and have fun!

ART GROUP. (POTTERS COURT, Robin Place, Greater Leys OX4 7FF).

Thursdays from 2-4 pm. **Closed for spring and summer reopening in September** £1 includes materials.

GARDENING CLUB. Next ones: **Thursday 6 July and 3 August 2-4pm Adults of ALL ages welcome at these monthly meetings! £2**

EVENING SOCIALS: Adults of **ALL** ages welcome!

Wednesday 26 July: BINGO. 7-9 pm. Wednesday 30 August: QUIZ NIGHT. 7-9 pm. £2.

News and Views - Friday 10am-12noon (term time only) – Blackbird Leys Library phone A&W College 01235 216459 or email sasha.east@abingdon-witney.ac.uk

Tel Leys CDI Clockhouse Project: 395908 for details on ALL the above activities

Other CLOCKHOUSE activities..

VOLUNTEER CAR DRIVERS needed!:

Come and help local residents with mobility difficulties enjoy Clockhouse Project activities. **Tel: 395908 for details.**

♦ **LEYS WI: 1st Wednesday of month, 7.30-9.30 pm.**

Welcome all women over 16 for a couple of free visits. Hope you'll enjoy it and become a member. Email: theleyswi@yahoo.co.uk or c/o Tel: 395908.

♦ **DAYBREAK's Rosewood Club:** Fun, sociable and stimulating days for people with dementia, and a break for their carers. £15 a day (including a hot 2-course meal) plus a transport charge if used. Tel: 749349 for details or to book an initial visit.

THE CLOCKHOUSE PROJECT works with/for over-50s living in the Leys area. It's part of the *Leys Community Development Initiative (Leys CDI)*, a local charity

Tel:395908 or Email:

[clockhousecdi@btconnect.com.](mailto:clockhousecdi@btconnect.com)



The Clockhouse building is supported by Catalyst, GreenSquare, and A2Dominion, to benefit the local community. Many thanks also to these organisations for their support to Leys CDI Clockhouse Project: Blackbird Leys Parish Council, the Sobell Foundation, St Michaels and All Saints Charities, Shelswell Benefice Council, and:

