

**DRAGON HALL
ACTIVITIES
FOR OVER 55S**

MARCH TIMETABLE

Welcome to the March 2020 Timetable



HAPPY ST. PATRICK'S DAY

Dragon Hall had a busy February. We braved the cold on a successful visit to Kew Gardens, and the mushroom exhibit at Somerset House was one for the books.

As we've moved along in the year, we have welcomed new members and new activities! A total of 821 members participated in 70 activities.

Thanks again for all your participation.

REGULAR WEEKLY ACTIVITIES

MONDAYS

- 9:30 - 10:45** **LINE DANCING (FREE)**
Venue: N1C Centre
Moderate to high level of fitness
- 10:45 - 12:00** **LINE DANCING (FREE)**
Venue: N1C Centre
Moderate to high level of fitness
- 11:00 - 12:00** **BADMINTON (FREE)**
Venue: Handyside Sport Centre
Friendly social group aimed at
beginners to intermediate
- 12:00 - 13:00** **TAI CHI (£2)**
Venue: N1C Centre
Volunteer-led exercise session, good
level of fitness required

TUESDAYS

- 10:00 - 12:00** **ART CLASS (FREE)**
Venue: Bloomsbury Baptist Church
Supported by the Hampstead School
of Art
- 10:30 - 11:30** **PILATES (£5)**
Venue: Dragon Hall
Floor-based session, degree of
flexibility needed
- 11:30 - 12:30** **KNIT AND KNATTER (FREE)**
Venue: Bloomsbury Baptist Church
Socialise and learn to knit!
- 11:30 - 13:30** **SINGING GROUP (£3)**
Venue: Dragon Hall
Enjoy singing? Come to the group!
Please contact John for more details
- 12:30 - 13:30** **LUNCH CLUB (£4)**
Venue: Bloomsbury Baptist Church
Enjoy a 3 course meal, refreshments
and opportunities to socialise

TUESDAYS

13:30 - 14:30 KELLE BALL (FREE)
Venue: Dragon Hall
Volunteer-led Chinese/English exercise class.

13:30 ART CLASS (FREE)
Venue: Bloomsbury Baptist Church
Taught art lessons given by Valerie.
Various techniques and skill levels.

WEDNESDAYS

10:15 - 11:15 YOGA (£2)
Venue: Phoenix Garden
Floor-based exercise session,
suitable for beginners and
intermediate

13:30 GARDENING WORKSHOP
Venue: Phoenix Garden
Learn plant care techniques with a led
workshop. Bring your green thumb!

- **March 4th: Let the Tomato Race begin! Tomatoes from seed & other half-hardy annuals**
- **March 11th: Paper seed pots & hardy annuals.**
- **March 18th: Houseplants from rhizomes: Achimenes (£15)**
- **March 25th: Windowsill crops: saladisi**

THURSDAYS

9:45-11:45 PHOTOSHOP / PHOTOGRAPHY WORKSHOP
Venue: CGCC @ 7 Dials Club
Free 12 week course run by Camden Learning, take and edit photos, create, edit and enhance digital images

THURSDAYS

12:00-13:00 **FLAMENCO DANCING (£3)**
Venue: Enquire with Amber or John
Come along to our friendly class for all levels and learn this traditional Spanish dance! Lead by Samantha Quy, a dancer based at the Royal Opera House

14:00 - 17:00 **TEA DANCE (£2)**
Venue: Dragon Hall
Last Thursday of the month.
Tea Dance in the heart of Central London.

19:00 - 20:00 **FRENCH CONVERSATION CLASS (FREE)**
Venue: Dragon Hall
Beginner to intermediate

FRIDAYS

11:00 **PILATES (£5)**
Venue: CGCC @ 7 Dials Club
Floor-based session, degree of flexibility needed

12:15 **KELLE BALL (FREE)**
Venue: CGCC @ 7 Dials Club
Volunteer-led Chinese/English exercise class.

**For further information on any of the activities please contact John Hayes:
john@dragonhall.org.uk
07759 646 507
Or Amber Khan at
amber@dragonhall.org.uk**

Please note, you will need to register your interest / book a place in advance for the Special Events with John directly

SPECIAL EVENTS IN MARCH

MONDAY
March 2nd

11:00 - 12:30 **YOU MOVE ME: WORKSHOP PT.1 (FREE)**
How do we Move? How do we move each other? Join Dr Ellie Cosgrave and artist Laura Wilson as they explore these questions through a series of workshops and walks exploring the London Borough of Camden. Part 1.
Venue: N1C Centre

MONDAY
March 2nd

11:00 **CREATIVE WRITING WORKSHOP (FREE)**
Work with a published author to highlight creative writing techniques and new ideas. Engage in short creative writing exercises.
Venue: Queen's Gallery
Buckingham Palace, London SW1A 1AA

TUESDAY
March 3rd

1:30 **HISTORY QUIZ (FREE)**
Join Amber and Eugenia as they test your knowledge on current and past events in our time.
Venue: Bloomsbury Baptist Church

THURSDAY
March 5th

12:30 **ST. PANCRAS RECITAL (FREE)**
Enjoy a recital free of charge. Donations for the performers are welcomed. Refreshments afterwards. This week's recital features: Irena Kosíková – organ performing work by J.S.Bach & Kosíková
Venue: St. Pancras New Church
Euston Rd, Bloomsbury, London NW1 2BA

MONDAY
March 9th

11:00 **YOU MOVE ME: WORKSHOP PT.2 (FREE)**
How do we Move? How do we move each other? Join Dr Ellie Cosgrave and artist Laura Wilson as they explore these questions through a series of workshops and walks exploring the London Borough of Camden. Part 2.
Venue: N1C Centre

TUESDAY
March 10th

1:30 TALK BY CHRIS BARLOW (FREE)
"A Brief Guide to Opera: From Monteverdi to Verdi"
Venue: Bloomsbury Baptist Church

THURSDAY
March 12th

12:30 ST. PANCRAS RECITAL (FREE)
Enjoy a recital free of charge. Donations for the performers are welcomed. Refreshments afterwards. This week's recital features: Beth & Flo – piano
Venue: St. Pancras New Church
Euston Rd, Bloomsbury, London NW1 2BA

MONDAY
March 16th

12:15 FILM CLUB (FREE)
Join Amber and company as we watch Gatsby and discuss afterwards. Refreshments provided.
Venue: N1C Centre

MONDAY
March 16th

18:00 YOU MOVE ME: WALK AT DUSK PT.3 (FREE)
How do we Move? How do we move each other? Join Dr Ellie Cosgrave and artist Laura Wilson as they explore these questions through a walk at dusk exploring the London Borough of Camden. Part 3.
Venue: N1C Centre

TUESDAY
March 17th

1:30 TUDOR ALLEN TALK (FREE)
"Researching Family History at Camden Archives Centre"
Venue: Bloomsbury Baptist Church

THURSDAY
March 19th

12:30 ST. PANCRAS RECITAL (FREE)
Enjoy a recital free of charge. Donations for the performers are welcomed. Refreshments afterwards. This week's recital features: Simone Tavoni – piano
Venue: St. Pancras New Church
Euston Rd, Bloomsbury, London NW1 2BA

MONDAY
March 23rd

5:30 AM YOU MOVE ME: WALK AT DAWN PT. 4 (FREE)
How do we Move? How do we move each other? Join Dr Ellie Cosgrave and artist Laura Wilson as they explore these questions through a walk at dawn exploring the London Borough of Camden. Part 4.
Venue: N1C Centre

TUESDAY
March 24th

1:30 TALK BY AMBER (FREE)
Conceptual art in 2020. Join Amber as she talks about her current research with traditional use of materials, absurdism, and identity.
Venue: Bloomsbury Baptist Church

TUESDAY
March 24th

1:30 SMARTPHONE SURGERY (FREE)
Smartphone and Tablet 1-1 workshops. Do you have a problem with your mobile device? Please book with Amber for individual support and assistance.
Venue: Bloomsbury Baptist Church

THURSDAY
March 26th

12:30 ST. PANCRAS RECITAL (FREE)
Enjoy a recital free of charge. Donations for the performers are welcomed. Refreshments afterwards. This week's recital features:
Simone Tavoni – piano.
Venue: St. Pancras New Church
Euston Rd, Bloomsbury, London NW1 2BA

THURSDAY
March 26th

2:00 BRIAN'S TEA DANCE (£2)
Join us at dragon hall for an afternoon of dancing, tea, and mingling. Brian hosts the afternoon.
Venue: Dragon Hall
17 Stukeley Street, Holborn, London WC2B 5LT

THURSDAY
March 26th

1:30

PODCAST RECORDING (FREE)

Join Amber as she stitches together a podcast focused on art and inter-generational conversations. She's seeking 3-4 participants. Book with Amber.

Venue: Dragon Hall

17 Stukeley Street, Holborn, London WC2B 5LT

SATURDAY
March 28th

13:00

JOAN'S TEA DANCE (£3)

Join us at dragon hall for an afternoon of dancing, tea, and mingling. Joan hosts the afternoon.

Venue: Dragon Hall

17 Stukeley Street, Holborn, London WC2B 5LT

TUESDAY
March 31st

1:30

JEAN GRAHAM FROM USWITCH (FREE)

uSwitch is a free and informative service Lecture to enable individuals to compare all energy suppliers to help them find the best deal for them; our aims are to educate communities to use less, waste less and pay less for their energy bills, demystifying the switching process.

Venue: Bloomsbury Baptist Church

Venue Information

**CGCC @
7 DIALS CLUB
42 Earlham Street
Covent Garden
WC2H 9LA**

**N1C CENTRE
1 Handyside
Street
Kings Cross
N1C 4BQ**

**BLOOMSBURY
BAPTIST CHURCH
235 Shaftesbury Ave
Bloomsbury
WC2H 8EP**

**HANDYSIDE
SPORTS PITCH
3 Canal Reach
Kings Cross
N1C 4AZ**

**THE PHOENIX GARDEN
21 Stacey Street
Covent Garden
WC2H 8DG**

**DRAGON HALL
17 Stukeley
Street
Holborn
WC2B 5LT**

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