



SEPTEMBER 2010

RUSHEY GREEN TIME BANK

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SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 French Group 11.00 – 12.00 Tea & Chat 2.00 – 4.00	2 Walking Group 11.00 – 12.00	3 CHARMAINE's SKYDIVE TO RAISE MONEY FOR RGTB!
		6	7 Chair Exercise 09.45 – 10.45	8 Tea & Chat 2.00 – 4.00	9 Walking Group 11.00 – 12.00 7:00pm Open House @ Philippe's! Skydive Film Premier and Social Evening – ALL WELCOME	10 Poetry Group 10.30 – 12.30 NEW! 10:30-11:30 Walking Group with Ladywell Unit Patients.
		13 ART GROUP RESTARTS 10:00-11:00	14 Chair Exercise 09.45 – 10.45	15 French Group 11.00 – 12.00 Tea & Chat 2.00 – 4.00 SCREENING OF CHARMAINE'S SKYDIVE!!	16 Walking Group 11.00 – 12.00	17
		20 Art Group 10:00 – 11:00	21 Chair Exercise 09.45 – 10.45	22 French Group 11.00 – 12.00 Tea & Chat 2.00 – 4.00	23 Walking Group 11.00 – 12.00	24
		27 Art Group 10:00 – 11:00	28 Chair Exercise 09.45 – 10.45	29 Drop In Coffee Morning 10:30 -11:30	30	

Chair Exercise Class: gentle chair-based exercise for the over 55s to help you keep fit and healthy;

Location: Room 21, Rushey Green Time Bank; Cost: 1 Credit

Poetry Group: have fun creating poems; no previous poetry experience necessary.

Location: Rushey Green Time Bank.

French Group: learn French together with other Time Bank members

Location: Room 21, Rushey Green Time Bank; Cost: 1 Credit

Tea & Chat: our weekly social event and your chance to meet other Time Bank members

Location: Room 21, Rushey Green Time Bank; Earn: 1 Credit

Drop-In Coffee Morning: our monthly get-together and your chance to meet other Time Bank members and catch up on Time Bank news

Location: The M-Eating Place, 127 Rushey Green (*opposite Argos*); Earn: 1 Credit

Walking Group (Thurs): improve your health and well-being with a walk around Ladywell Fields; all levels of fitness catered for;

Location: Main reception, Lewisham Hospital; Earn: 1 Credit

Walking Group (Fri): New Initiative to encourage in-patients on wards within the Ladywell Unit (Psychiatric Unit) to improve their health and well-being with a walk around Ladywell Fields.

Location: Riverside Building, Lewisham Hospital; Earn: 1 Credit

(Walks will be led and supported by Charmaine)

Thursday 9th Sept @ 7pm – Open House @ Philippe’s

Come along and meet/socialise with other members – Refreshments provided. – Opportunity to watch the film of Charmaine’s Skydive. – Please contact office for more details.