 

26-30 Cotleigh Road **|** London **|** NW6 2NP

WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*October 2018*

Thursday 11th 6pm – 7pm Legs, Bums and Tums

Thursday 18th 6pm – 7pm Legs, Bums and Tums

Thursday 25th 6pm – 7pm Legs, Bums and Tums

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*November 2018*

Thursday 1st 6pm – 7pm Legs, Bums and Tums

Thursday 8th 6pm – 7pm Legs, Bums and Tums Thursday 15th 6pm – 7pm Legs, Bums and Tums

Thursday 22nd 6pm – 7pm Legs, Bums and Tums

Thursday 29th 6pm – 7pm Legs, Bums and Tums

*December 2018*

Thursday 6th 6pm – 7pm Legs, Bums and Tums

Thursday 13th 6pm – 7pm Legs, Bums and Tums

 

26-30 Cotleigh Road **|** London **|** NW6 2NP

WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*January 2019*

Wednesday 16th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 23rd 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 30th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 30th 1pm – 3 pm Asian Women Calendar

Thursday 10th 6pm – 7pm Legs, Bums and Tums

Thursday 17th 6pm – 7pm Legs, Bums and Tums

Thursday 24th 6pm – 7pm Legs, Bums and Tums

Thursday 31st 6pm – 7pm Legs, Bums and Tums

*February 2019*

Wednesday 6th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 13th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 20th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 27th 1pm – 3 pm Asian Women Calendar

Thursday 7th 6pm – 7pm Legs, Bums and Tums Thursday 14th 6pm – 7pm Legs, Bums and Tums

Thursday 21st 6pm – 7pm Legs, Bums and Tums

Thursday 28th 6pm – 7pm Legs, Bums and Tums

 

26-30 Cotleigh Road **|** London **|** NW6 2NP

WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*March 2019*

 Wednesday 13th 3pm - 4pm Focus Group

Wednesday 6th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 13th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 20th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 27th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 27th 1pm – 3 pm Asian Women Calendar

Thursday 7th 6pm – 7pm Legs, Bums and Tums

Thursday 14th 6pm – 7pm Legs, Bums and Tums Thursday 21st 6pm – 7pm Legs, Bums and Tums

Thursday 28th 6pm – 7pm Legs, Bums and Tums

*April 2019*

Wednesday 3rd 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 10th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 24th 1pm – 3 pm Asian Women Calendar

Thursday 4th 6pm – 7pm Legs, Bums and Tums Thursday 11th 6pm – 7pm Legs, Bums and Tums

 

26-30 Cotleigh Road **|** London **|** NW6 2NP

WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*May 2019*

Wednesday 1st 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 8th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 15th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 22nd 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 29th 1pm – 3 pm Asian Women Calendar

Thursday 2nd 6pm – 7pm Legs, Bums and Tums

Thursday 9th 6pm – 7pm Legs, Bums and Tums

Thursday 16st 6pm – 7pm Legs, Bums and Tums

Thursday 23rd 6pm – 7pm Legs, Bums and Tums

Thursday 30th 6pm – 7pm Legs, Bums and Tums

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*June 2019*

Wednesday 5th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 12th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 19th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 26th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 26th 1pm – 3 pm Asian Women Calendar

Thursday 6th 6pm – 7pm Legs, Bums and Tums

Thursday 13th 6pm – 7pm Legs, Bums and Tums

 

26-30 Cotleigh Road **|** London **|** NW6 2NP

WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*June 2019 – continued*

Thursday 20th 6pm – 7pm Legs, Bums and Tums

Thursday 27th 6pm – 7pm Legs, Bums and Tums

*July 2019*

Wednesday 3rd 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 10th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 17th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 24th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 31st 1pm – 3 pm Asian Women Calendar

Thursday 4th 6pm – 7pm Legs, Bums and Tums

Thursday 11th 6pm – 7pm Legs, Bums and Tums

Thursday 18st 6pm – 7pm Legs, Bums and Tums

Thursday 25th 6pm – 7pm Legs, Bums and Tums

 

26-30 Cotleigh Road **|** London **|** NW6 2NP

WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*August 2019*

Wednesday 28th 1pm – 3 pm Asian Women Calendar

*September 2019*

Tuesday 3rd 10:00am - 12:30pm Gardening

Tuesday 10th 10:00am - 12:30pm Gardening

Tuesday 17th 10:00am - 12:30pm Gardening

Tuesday 24th 10:00am - 12:30pm Gardening

 Wednesday 11th 3:00pm – 4:00pm Focus Group

Wednesday 11th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 18th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 25th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 25th 1:00pm – 3:00pm Asian Women Calendar

Thursday 5th 6pm – 7pm Legs, Bums and Tums

Thursday 12th 6pm – 7pm Legs, Bums and Tums

Thursday 19th 6pm – 7pm Legs, Bums and Tums

Thursday 26th 6pm – 7pm Legs, Bums and Tums

 

26-30 Cotleigh Road **|** London **|** NW6 2NP

WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*October 2019*

Tuesday 1st 10:00am - 12:30pm Gardening

Tuesday 8th 10:00am - 12:30pm Gardening

Tuesday 15th 10:00am - 12:30pm Gardening

Tuesday 22nd 10:00am - 12:30pm Gardening

Tuesday 29th 10:00am - 12:30pm Gardening

Wednesday 9th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 16th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 23rd 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 30th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 30th 1pm – 3 pm Asian Women Calendar

Thursday 3rd 6pm – 7pm Legs, Bums and Tums

Thursday 10th 6pm – 7pm Legs, Bums and Tums

Thursday 17th 6pm – 7pm Legs, Bums and Tums

Thursday 24th 6pm – 7pm Legs, Bums and Tums

Thursday 31st 6pm – 7pm Legs, Bums and Tums

*November 2019*

Tuesday 5th 10:00am - 12:30pm Gardening

Tuesday 12th 10:00am - 12:30pm Gardening

Tuesday 19th 10:00am - 12:30pm Gardening

Tuesday 26th 10:00am - 12:30pm Gardening

 

26-30 Cotleigh Road **|** London **|** NW6 2NP

WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*November 2019 continued*

Wednesday 6th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 13th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 20th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 27th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 27th 1pm – 3 pm Asian Women Calendar

Thursday 7th 6pm – 7pm Legs, Bums and Tums

Thursday 14th 6pm – 7pm Legs, Bums and Tums Thursday 21st 6pm – 7pm Legs, Bums and Tums

Thursday 28th 6pm – 7pm Legs, Bums and Tums

*December 2019*

Tuesday 3rd 10:00am - 12:30pm Gardening

Tuesday 10th 10:00am - 12:30pm Gardening

Wednesday 4th 6:30pm - 8:30pm Irish Women’s Writing

Wednesday 11th 1pm – 3 pm Asian Women Calendar

Thursday 5th 6pm – 7pm Legs, Bums and Tums Thursday 12th 6pm – 7pm Legs, Bums and Tums

 

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WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*January 2020*

Tuesday 21st 10:00am - 12:30pm Gardening

Tuesday 28th 10:00am - 12:30pm Gardening

Wednesday 29th 1pm – 3 pm Asian Women Calendar

Thursday 9th 6pm – 7pm Legs, Bums and Tums

Thursday 16th 6pm – 7pm Legs, Bums and Tums

Thursday 23rd  6pm – 7pm Legs, Bums and Tums

Thursday 30th 6pm – 7pm Legs, Bums and Tums

*February 2020*

Tuesday 4th 10:00am - 12:30pm Gardening

Tuesday 11th 10:00am - 12:30pm Gardening

Tuesday 18th 10:00am - 12:30pm Gardening

Tuesday 25th 10:00am - 12:30pm Gardening

Wednesday 26th 1pm – 3 pm Asian Women Calendar

Thursday 6th 6pm – 7pm Legs, Bums and Tums Thursday 13th 6pm – 7pm Legs, Bums and Tums

Thursday 20th 6pm – 7pm Legs, Bums and Tums

Thursday 27th 6pm – 7pm Legs, Bums and Tums

 

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WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*March 2020*

Tuesday 3rd 10:00am - 12:30pm Gardening

Tuesday 10th 10:00am - 12:30pm Gardening

Tuesday 17th 10:00am - 12:30pm Gardening

Tuesday 24th 10:00am - 12:30pm Gardening

Tuesday 31st 10:00am - 12:30pm Gardening

 Wednesday 11th 3pm - 4pm Focus Group

Wednesday 25th 1pm – 3 pm Asian Women Calendar

Thursday 5th 6pm – 7pm Legs, Bums and Tums

Thursday 12th 6pm – 7pm Legs, Bums and Tums Thursday 19th 6pm – 7pm Legs, Bums and Tums

Thursday 26th 6pm – 7pm Legs, Bums and Tums

*April 2020*

Tuesday 7th 10:00am - 12:30pm Gardening

Tuesday 21st 10:00am - 12:30pm Gardening

Tuesday 28th 10:00am - 12:30pm Gardening

Wednesday 29th 1pm – 3 pm Asian Women Calendar

Thursday 2nd 6pm – 7pm Legs, Bums and Tums Thursday 9th 6pm – 7pm Legs, Bums and Tums

Thursday 23rd 6pm – 7pm Legs, Bums and Tums

 

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WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*May 2020*

Tuesday 5th 10:00am - 12:30pm Gardening

Tuesday 12th 10:00am - 12:30pm Gardening

Tuesday 19th 10:00am - 12:30pm Gardening

Tuesday 26th 10:00am - 12:30pm Gardening

Wednesday 27th 1pm – 3 pm Asian Women Calendar

Thursday 7th 6pm – 7pm Legs, Bums and Tums

Thursday 14th 6pm – 7pm Legs, Bums and Tums

Thursday 21st 6pm – 7pm Legs, Bums and Tums

Thursday 28th 6pm – 7pm Legs, Bums and Tums

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*June 2020*

Tuesday 2nd 10:00am - 12:30pm Gardening

Tuesday 9th 10:00am - 12:30pm Gardening

Tuesday 16th 10:00am - 12:30pm Gardening

Tuesday 23rd 10:00am - 12:30pm Gardening

Tuesday 30th 10:00am - 12:30pm Gardening

Wednesday 24th 1pm – 3 pm Asian Women Calendar

Thursday 4th 6pm – 7pm Legs, Bums and Tums

Thursday 11th 6pm – 7pm Legs, Bums and Tums

 

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WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*June 2020 – continued*

Thursday 18th 6pm – 7pm Legs, Bums and Tums

Thursday 25th 6pm – 7pm Legs, Bums and Tums

*July 2020*

Tuesday 7th 10:00am - 12:30pm Gardening

Tuesday 14th 10:00am - 12:30pm Gardening

Tuesday 21st 10:00am - 12:30pm Gardening

Tuesday 28th 10:00am - 12:30pm Gardening

Wednesday 29th 1pm – 3 pm Asian Women Calendar

Thursday 2nd 6pm – 7pm Legs, Bums and Tums

Thursday 9th 6pm – 7pm Legs, Bums and Tums

Thursday 16th  6pm – 7pm Legs, Bums and Tums

Thursday 23rd 6pm – 7pm Legs, Bums and Tums

Thursday 30th 6pm – 7pm Legs, Bums and Tums

 

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WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*August 2020*

Wednesday 26th 1pm – 3 pm Asian Women Calendar

*September 2020*

Tuesday 1st 10:00am - 12:30pm Gardening

Tuesday 8th 10:00am - 12:30pm Gardening

Tuesday 15th 10:00am - 12:30pm Gardening

Tuesday 22nd 10:00am - 12:30pm Gardening

Tuesday 29th 10:00am - 12:30pm Gardening

 Wednesday 16th 3:00pm – 4:00pm Focus Group

Wednesday 30th 1:00pm – 3:00pm Asian Women Calendar

Thursday 3rd 6pm – 7pm Legs, Bums and Tums

Thursday 10th 6pm – 7pm Legs, Bums and Tums

Thursday 17th 6pm – 7pm Legs, Bums and Tums

Thursday 24th 6pm – 7pm Legs, Bums and Tums

 

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WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

*October 2020*

Wednesday 28th 1pm – 3 pm Asian Women Calendar

*November 2020*

Wednesday 25th 1pm – 3 pm Asian Women Calendar

*December 2020*

Wednesday 16th 1pm – 3 pm Asian Women Calendar

 

 26-30 Cotleigh Road **|** London **|** NW6 2NP

 WEST HAMPSTEAD WOMEN’S CENTRE

**AGEING BETTER IN CAMDEN PROGRAMME**

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|   | **2018** | **2019** | **2020** |
| Oct | Nov  | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| Legs Bums and Tums |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Creative Writing for Irish Women |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Asian Women Health Calendar |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Gardening |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |