

# AUTUMN – CHRISTMAS 2021

## EVENTS AND ACTIVITIES FOR THE FREEDOM CLUB



### Mindful Movement is on track: two series now planned

Led by Oona, at St Leonard's Church, the next series begins on **Monday 18<sup>th</sup> October for four weeks** (25<sup>th</sup> Oct, 1<sup>st</sup> and 8<sup>th</sup> Nov) Usual time: 1.30 p.m. – 3.00 p.m. 60 minutes for movement (mainly seated), breath work and relaxation – followed by tea and coffee. NO NEED TO BOOK because there's plenty of space and come to one or two or all the sessions. And the dates for 2022: Mondays: 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> January – same time, same place!

### The Crown (NETFLIX) – from the very beginning!

This first season depicts events up to 1955, with Winston Churchill resigning as prime minister and the Queen's sister Princess Margaret deciding not to marry Peter Townsend. We will watch two episodes each **Thursday morning at St Leonard's, beginning on 18<sup>th</sup> November (25<sup>th</sup> Nov and 2<sup>nd</sup> and 9<sup>th</sup> December) 11.00 a.m. – 1.00 p.m.** Refreshments between episodes. No need to book. We aim to show all four series eventually.



### We are off to the Surrey Hills for a pub lunch –

**AGAIN!** This time our silver (senior) menu at the Crown at Capel will have an autumnal flavour. Date: **Tuesday 26<sup>th</sup> October.** The cost (for main course and transport – buy your own drinks) is £10. To book your place send a cheque or cash to Moyra Heggie, 98 Gleneldon Road, SW16 2BZ, (make cheques payable to Moyra Heggie). Meet-up point: St Leonard's Church at 11.15 a.m., we expect to be back in Streatham by 4.30 p.m. For more information phone Moyra on 020 8769 8669

### Welcoming Christmas - with Sweetmeats and Song at **St Leonard's 2.00 p.m. on**

**Tuesday 7<sup>th</sup> December.** Contributions from the Chamber Choir from Streatham and Clapham High School and Choral Scholars from St Leonard's. Seasonal refreshments. Bring your friends! And an opportunity to donate to the work of our local foodbank.



### **P.S. Evensong at St Leonard's at 4.30**

**p.m. on Sundays** (except 2<sup>nd</sup> Sunday of each month when at 6.30 p.m. there is worship in the style of Taizé)

*Moyra Heggie*  
*Chair, Freedom Club Committee*