



98 Gleneldon Road  
LONDON SW16 2BZ  
020 8769 8669

March 2020

Dear Freedom Club Member,

Lots of dates for the diary and things to look forward to:

### Mindful Movement for Seniors

The current series of Mindful Movement runs on Mondays until 16<sup>th</sup> March. Beginning at 1.30 p.m. for an hour, followed by tea and biscuits. Join in on any Monday, no need to book. Oona has already given us the dates for the following series of six: First session on Monday 27<sup>th</sup> April running through to 1<sup>st</sup> June – and there will be sessions on Bank Holidays.



### Next meeting of the Freedom Club

We next gather at St Leonard's on Wednesday 18<sup>th</sup> March. Marcia Reynolds from our local policing team will talk to us about current scams to which we need to be alert. 12.30 Eucharist followed by a bring and share lunch and Marcia will begin her contribution about 2.00 p.m.

### Something new for you... and the grandchildren

We are setting-up an EcoChurch at St Leonard's: activities and practical hopeful possibilities. Everyone is welcome. Meeting on the fourth Saturday of the month 1.30 – 3.30 so future dates: 21<sup>st</sup> March when someone from Greenpeace will be speaking plus a host of other practical activities.... and tea and cake; Future dates: 25<sup>th</sup> April and 23<sup>rd</sup> May. Your support would be very pleasing. For people of all ages; At St Leonard's Church



### Six 60 minute singing sessions for all ages

You can stretch your vocal muscles, learn new songs, move to the rhythms and meet new friends of all ages. Julie, who runs the sessions, says no reading or previous skills are needed. Followed by refreshments. Dates: **Six Fridays beginning 28 February, 6, 13, 20 and 27 March and 3 April 2020. Times: 10.30 – 11.30 am.** Come to one or all of the sessions. At St Leonards Church, entrance is via the South



(office) Door – go along the footpath leading from Streatham High Road to Tooting Bec Gardens - the door is on your right-hand side (by the baby daffodils!) If necessary, please ring the bell. For more information, please contact Julie McCann by email: [jpmccann106@gmail.com](mailto:jpmccann106@gmail.com) or by telephone: 0794 079 8060

### Lunch at the Performing Right Society for Music

We have two more dates from the lovely people at PRS to have lunch in their canteen with its wonderful views over south London as well as great hospitality. Dates: Wednesday March 4<sup>th</sup> and Thursday 16<sup>th</sup> April. Cost about £6-£7 if you have 3 courses and they like us to be there for 11.45 a.m. so we can be first in the queue! As you would expect – good access with a lift to the 5<sup>th</sup> floor although stairs to the roof garden if you want an even better view of south London! Let Moyra know on 020 8769 8669 if you would like to book a place.



### Celebrating the 90s!

We would like to host a special party for those who are 90+ or coming up to 90... but we can only do it if people will admit to their senior status! If you are within sight of 90 – or well experienced in your ninth decade... this is for you! Join with others in a celebration (probably a Saturday afternoon) to which you can invite neighbours, friends and family. We've done for the rising 60s' and rising 80s' and now it's time to

celebrate the 90s'. Let Pam Cromwell know if you are interested – or know someone who might be interested on 07905 952476 or 020 8677 5237.

### Fifth Sundays at St Leonard's: one coming up!

There are five Sundays in March which means a special **4.30 service on Sunday 29<sup>th</sup> March**. This time it will be a beautiful, reflective Evensong followed by tea and cake. Make a note of future fifth Sundays in 2020: May 31<sup>st</sup>, August 30<sup>th</sup> and November 29<sup>th</sup> when there will also be a special service at 4.30 p.m.



**This poem was on the web and we thought you might like it – best read out loud!**

### Streatham: a poem

Endless traffic, souped up cars,  
Farmers' markets, craft ale bars.  
Much loved common, ancient trees,  
Lofty views, soft breeze.

Fried chicken, chocolate shakes,  
Global food, local bakes.  
Traffic fumes, crooked street,  
Beamers, dreamers, Uber eats.

The sick, the tired, the healthy.  
The loud, the proud, the stealthy.  
The rich, the aspiring, the poor.  
The hopeful, the cynics, the unsure.

Jazz, funk, grime, blues,  
Tesco Extra, bus stop queues.  
Fights, kites, fairy lights.  
Skating, dating, bingo nights.

Along the high street, every skin tone  
Fill the air with every ring tone.  
South of the river, A23,  
SW16 – land of the free.

By Cloud Cocoa (Anushka)

<https://cloud-cocoa.com/2020/02/06/streathampoem/>

*With our best wishes and looking forward to your company.*

*Moyra and the Freedom Club Committee*