

EVENTS AND ACTIVITIES FOR FREEDOM CLUB MEMBERS



Mindful Movement is back!

Led by Oona, at St Leonard's Church on Mondays – just one session left for this series: 6th September, but here are the dates for the next series:

Monday 18th October for four weeks (25th Oct, 1st and 8th 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.

Our first Freedom Club meeting for eighteen months! **Friday September 17th**



No speaker – just a chance to talk to each other and reflect on the exceptional 18 months we have been through. Ali Angus will help direct our thoughts and conversation – just a touch! Bring your own lunch but we will provide tea and coffee and cake. At St Leonard's Church, 12.30 Eucharist, 1.10 lunch, 1.45 conversation! On **Friday 17th September**.

Local History Afternoon Teas (Organised by Streatham Senior Connections) John Brown is lined up to give one of his remarkable presentations about Streatham's history accompanied by afternoon tea.

Tuesday 14th September 2.30 p.m. – 4.30 p.m. at the Vale, the new retirement apartments at 93 Knollys Road, SW16 2JR and

Saturday 16th October 2.30 p.m. – 4.30 p.m. in the crypt at St Peter's Church on Leigham Court Road SW16 2SD. Because we need to keep an eye on numbers, **you need to book and please only book one of the dates**. To book your place phone Angela on 07582 497 789. Transport to these venues may be possible, speak to Angela if you need this support.



Off to the Surrey Hills for a pub lunch (Organised by Streatham Senior Connections)

The Crown at Capel has a silver (senior) menu as well as a lovely garden. That's where we are off to on **Tuesday 21st September**. 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 Leonards Church at 11.00 a.m., we expect to be back in Streatham by 4.30 p.m. For more information phone Moyra on 020 8769 8669

P.S. Sundays from September: Evensong at St Leonard's 4.30 p.m. – except 2nd Sunday of the month

Moyra Heggie
Chair, Freedom Club Committee