

News

Photos

We would like to thank Melvyn Ingram for supplying the wonderful pictures of his trips that are in this brochure.

Other activities for the over 50s

Aspirations	Linda Brinklow	664718
SHEPARA	Eileen Holden	874833
	Sylvia Marsh	511831
50 Plus	Leisure Centre	668061

Community Learning

The new brochure of classes is now available, they include Art, Crystal Jewellery Making, Belly Dancing, Singing and Textiles. Please call Sharon on 583547 for a brochure

For more information or to book
please call

(01795) 585335

amanda@sheppeyhlc.org.uk

All cheques should be made payable to
'Sheppey Matters'

8



Activities for the over 50s October 2009 – March 2010



Third Age is a sub project of Sheppey Matters. Sheppey Matters is one of Swale's leading regeneration charities, responsible for coordinating a wide range of community activities at Sheppey HLC and Warden Village Hall. (Registered charity no. 1102847. Company limited by guarantee no. 3946296. Registered in England and Wales.) Third Age is funded by Eastern and Coastal Kent Primary Care Trust.

Eastern and Coastal Kent 
Primary Care Trust

1

Trips in October

Fri 2 nd	Broadstairs Food Festival <small>A celebration of the best of Kent's food and Drink</small>	£10
Tues 13 th	Tunbridge Wells <small>Royal Tunbridge Wells offers many attractions, from places to visit, to shop it has something for everyone.</small>	£9
Tues 20 th	Canterbury <small>During Canterbury Festival month, with plenty of activities and the usual shopping and attractions</small>	£7
Thurs 29 th	Walmer Castle <small>Visit this beautiful castle and grounds, home to the Lord Warden. A must see in Kent.</small>	£10



Trips in November

Fri 6 th	Crafts for Christmas <small>An opportunity to see inspirational craft work and gifts for family and friends at the Kent County Show Ground.</small>	£5
Mon 9 th	McArthur Glen Designer Outlet <small>A variety of shops at up to 70% off RRP.</small>	£8
Tues 17 th	Chatham Dockside <small>This is an all-in-one attraction, the shoppers amongst you will enjoy the outlet centre, there is a cinema and easy access to the maritime centre.</small>	£7
Fri 27 th	Romford Market <small>Visit this large market which also benefits from a high street location with many branded shops.</small>	£11
Mon 30 th	Christmas at Brighton Marina <small>In this beautiful setting, enjoy festive markets, grottos and shopping</small>	£12

Line Dancing

£4 (includes tea/coffee)

John Rennie Suite,
Sheppey HLC
1.30-3.30 pm



North and South run these popular sessions, that do not require any experience, nor do you need a partner.

October 8th

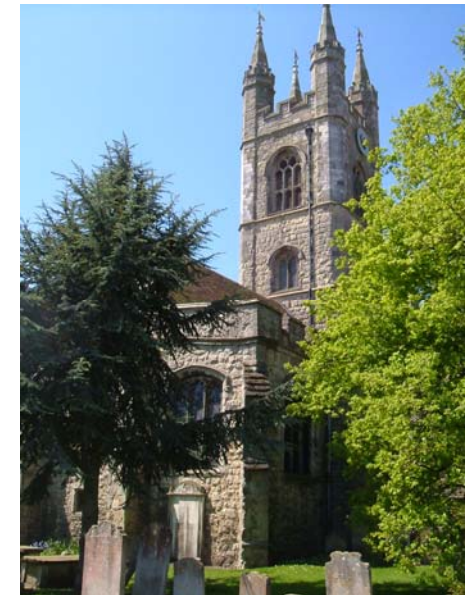
November 12th

December 10th

January 14th

February 11th

March 11th



Photographs supplied
by Melvyn Ingram

Gentle Yoga

John Rennie Suite, Sheppey HLC

£4 (includes tea/coffee)

1.30-3.30pm

Dorothy, an experienced Hatha yoga tutor, has specifically designed the gentle yoga program for mature people.

October 1st and 15th

November 5th and 19th

December 3rd

January 7th and 21st

February 4th and 18th

March 4th and 18th



Art

John Rennie Suite, Sheppey HLC

£4 (includes tea/coffee)

1.30-3.30 pm

All welcome, from complete beginners to those with experience, an experienced local tutor will guide you through



October 22nd

November 26th

January 28th

February 25th

March 25th

Trips in December

Thurs
3rd

Greenwich

£11

From all the free entry attractions to great shopping, Greenwich has something for everyone.

Sun
6th

Tankerton Christmas Market

£8

A Whitstable tradition with lots of stalls and local traders meeting your Christmas shopping needs.

Fri
11th

Hever Castle

£10

Christmas Winter Wonderland time. The castle will be festively decorated.

Tues
15th

Leeds Castle

£6

Christmas at the Castle. Step back in time and enjoy a traditional Christmas in the beautifully decorated Castle

Tues
22nd

Maidstone

£7

Last minute Christmas shopping or book yourself into the Pantomime (**Snow White and The Seven Dwarfs**) at the Hazlitt Theatre (Matinee only)

Trips in January

Fri 8th

Romford Market

£11

Visit this large market which also benefits from a high street location with many branded shops.

Tues
12th

Faversham on Market Day

£6

Come and enjoy this beautiful town on a day when the market is in the centre.

Weds
20th

Hemstead Valley Shopping Centre

£7

January sales shopping galore in this indoor shopping centre

Tues
26th

McArthur Glen designer Outlet

£8

Take advantage of the January sales in this already discounted venue.

Fri
29th

Basildon Market

£11

With over 100 stalls, this market is well equipped for all tastes.

Trips in February

Thurs 4 th	Canterbury Come and experience the sights and sounds of this wonderful city, from the Cathedral to the Lanes.	£7
Tues 9 th	Greenwich From all the free entry attractions to the great shopping, Greenwich has something for everyone.	£11
Mon 15 th	Eastbourne Visit this coastal town on a nice bright spring day and experience its range of activities.	£12
Tues 23 rd	Maidstone Maidstone has a variety of attractions and activities for everyone.	£7
Fri 26 th	Rye Perched on a hill, overlooking the River Rother and Romney Marsh, this ancient town is a perfect day trip.	£10

Trips in March

Thurs 4 th	Walmer Castle Visit this beautiful castle and grounds, home to the Lord Warden. A must see in Kent.	£10
Tues 9 th	Tunbridge Wells Royal Tunbridge Wells offers many attractions, from places to visit, to shop it someone for everyone.	£9
Fri 19 th	Basildon Market With over 100 stalls, this market is well equipped for all tastes.	£11
Mon 22 nd	Eltham Palace and grounds Discover many enticing features in the surrounding gardens, including a sunken rose garden and medieval bridge. Combining Art Deco and ocean liner style inside.	£11
Tues 30 th 4	Faversham on Market Day Come and enjoy this beautiful town on a day when the market is in the centre.	£6

Talks

refreshments will be provided **12.30**

Friday 16 th Oct	Living and Working on Sheppey Come and find out about some new and exciting work taking place at the Blue Town Heritage Centre. This project will archive post 1950s history of people that have lived and worked on Sheppey.
Friday 18 th Dec	Christmas Lunch Join us to celebrate Christmas at the Third Age project. Find out our future ideas and make any suggestions that you may feel useful. A Christmas raffle and festive treats to be included.
Friday 19 th Feb	What can I do to help? As a charity we are always looking at ways of raising funds to keep our projects going. We have found several ways that you can help, which will not cost you any extra, but will help us enormously. Come and find out more.

Films

£3.50 (concessions)

Blue Town Heritage Centre

3pm and 7pm

9th October

Last Chance Harvey

Struggling New Yorker Harvey Shine (Dustin Hoffman) meets Kate (Emma Thompson) in the airport lounge. Watch this romantic comedy as their connection unexpectedly changes both their lives.

13th November

Is Anybody There?

Meet Clarence (Michael Caine), a magician with a broken heart, the latest recruit to an ailing nursing home. He forms a relationship with the home's owners 11 year old son.

11th December

Julie and Julia

Based on two true stories, *Julie & Julia* intertwines the lives of two women who, though separated by time and space, are both at loose ends...until they discover that with the right combination of passion, fearlessness and butter, anything is possible.

**Please call the Heritage Centre on 662981 to
book your place.**