

What's On

Together in Watford
& Three Rivers

February 2020 - May 2020

55+

*A guide to local events and
social activities to help you stay
active and well in later life.*



This booklet has been produced by
Watford & Three Rivers Trust



Charity reg no: 1085518





The Friends



In Concert with Families, Friends and Carers

Supporting Our Seniors, the Isolated & the Lonely & All Who Care for Those with Alzheimer's and Dementia, including all residents in Care Homes, Assisted Living Accommodation. We are here for YOU, EVERY WEEKEND.

An Evening Out In the Afternoon
Every **SATURDAY AFTERNOON** in South Oxhey

Location: THE SATURDAY 'C' CLUB
The Clitheroe Centre, Clitheroe Gardens, South Oxhey
Watford, Hertfordshire, WD19 6RP

- From 2:45pm to 4:45pm
- Different Live Entertainer - Every Week
- Music-Based Quizzes
- Simple Games and Singalongs
- Snacks, Sweets and Cold Drinks
- Tea, Coffee and Cakes
- Just £8 per person on the door



NEED TRANSPORT TO GET TO US?
JUST £12 ON THE MINIBUS, THIS
INCLUDES THE EVENT

The Friends
Celebrating 10 years of Giving.
Events inside and outside of
Care Homes

Plus Our
RAFFLE



RUN BY VOLUNTEERS - PEOPLE WHO UNDERSTAND CARE

Call us on tel: 01923 289890 or
email: info@friendsofcarehomes.com
www.friendsofcarehomes.com

Registered Charity no.1173546

About Us



Watford and Three Rivers Trust (W3RT) has been at the heart of community activity since 1974. We deliver, support and promote a wide range of activities that strengthen the local community and improve health and wellbeing.



Neighbours Together can support you to stay socially active. We're the team that brings you the "What's on guide" and more.

Tel: 01923 606447 **Email:** neighbourstogether@w3rt.org



Getting Together clubs and activities help you to stay active, build friendships and have fun.

Tel: 01923 216967 **Email:** wellbeing@w3rt.org



Community Cars volunteer drivers are here to help if you are unable to use public transport due to mobility or health issues.

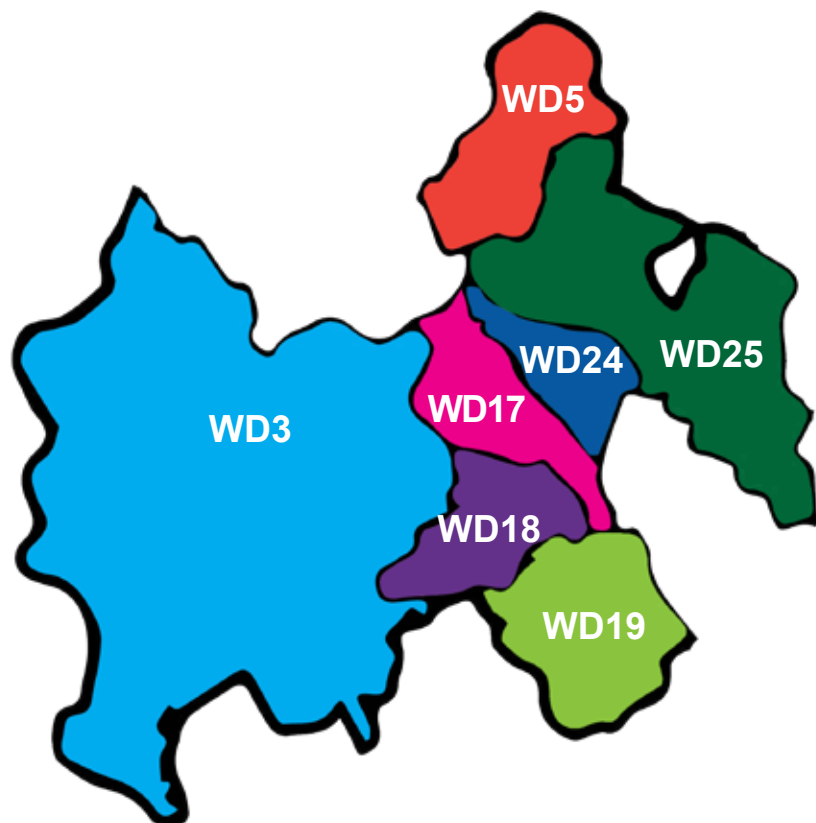
Tel: 01923 216964 **Email:** communitycars@w3rt.org

If you would like your community group, club or activity to be included in this guide, or if you are interested in advertising, please contact us on events@w3rt.org or call 01923 606447.

Front cover photo courtesy of Grant Squibb Photography

The clubs and events in this guide, with the exception of Getting Together have no affiliation with Watford and Three Rivers Trust. Information correct at time of publication









Postcode	Areas
WD3	Rickmansworth, Chorleywood, Croxley Green, Mill End, Maple Cross & Sarratt
WD5	Abbots Langley, Bedmond & Hunton Bridge
WD17	Town Centre, Cassiobury & Nascot Wood
WD18	West Watford & Holywell
WD19	Oxhey, South Oxhey, Carpenders Park
WD24	North Watford
WD25	Garston, Leavesden & Meriden



In this edition

What's On in WD3	Pages 7-27
What's On in WD5	Pages 28-37
What's On in WD17	Pages 38-55
What's On in WD18	Pages 56-75
What's On in WD19	Pages 76-90
What's On in WD24	Pages 91-102
What's On in WD25	Pages 103-114
Dementia Friendly	Pages 115-122
Community Events, Trips & Outings	Pages 123-135
A Dash of Culture	Pages 136-142
Volunteering Opportunities	Pages 143
Useful Contacts	Pages 144

Keys

 Coffee Morning	 Dance
 Health & Fitness	 Social Club
 Arts & Crafts	 Music
 Lunch Club	 Hobbies & Interest



M. K. Ginder & Sons
FUNERAL DIRECTORS

Est. 1983



Tel: 01923 468253
www.ginder.co.uk

Since 1983 we have been looking after families in Watford and the surrounding areas with the utmost Dignity & Respect at all times.

Our Offices are located locally for your convenience at:

North Watford Office & Chapel of Rest

170 St. Albans Road,
Watford
WD24 4AS
Tel: 01923 247427
watford@ginder.co.uk

West Watford Office & Memorial Showroom

42 Vicarage Road,
Watford
WD18 0EN
Tel: 01923 448525
westwatford@ginder.co.uk

South Oxhey Office & Chapel of Rest

36 The Parade, Prestwick
Road,
WD19 7EE
Tel: 020 8387 0512
southoxhey@ginder.co.uk

Abbots Langley Village Office & Chapel of Rest

51 High Street, Abbots
Langley
WD5 0AA
Tel: 01923 269994
abbotslangley@ginder.co.uk

Bricket Wood Village Office

The Old Bakery,
Lye Lane, Bricket Wood
AL2 3TL
Tel: 01923 893372
bricketwood@ginder.co.uk

Bushey Office & Chapel of Rest

492 Bushey Mill Lane,
Bushey
WD23 2AS
Tel: 01923 221661
bushey@ginder.co.uk

We are also able to offer a Home Arrangement Service at a time suitable to you.

We offer Pre-Paid Funeral Plans to help remove any further stress and burden on your family at an already difficult time.

Golden Charter
Funeral Plans

For further details please call 01923 468253 or email funeralplans@ginder.co.uk



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WD3

What's on in WD3

Mondays

Café O – at St Oswalds Church – *all ages*



When: Mondays 8:45 am - 12:30 pm.

Where: St Oswalds Church, 17 Malvern Way, Croxley Green, WD3 3QL

What: A friendly coffee morning open to all.

Who: Contact – 07746 637274

Cost: See online menu for prices

Pilates – *all ages*



When: Mondays 9:30 am – 10:30 am

Where: Mill End Community Centre, Old School Building, Church Lane, Rickmansworth, WD3 8HD.

What: Body Control Pilates

Who: Sarah Robinson email: pilatesmillend@gmail.com or call the Community Centre on 01923 493344

Cost: £11 drop in or £8.50 when booked as a block.

RVS Lunch Club – *over 60*



When: Monday - Friday 11:45 am – 1:15 pm

Where: Mill End Community Centre, Old School Building, Church Lane, Rickmansworth, WD3 8HD.

What: A nutritious two course meal with tea/coffee served in a warm, sociable setting.

Who: Royal Voluntary Service - contact 01923 493344

Cost: £5.00

Swimming for the *over 60*

When: Mondays 12:00 pm - 1:00 pm.
Where: William Penn Leisure Centre, Shepherds Lane, Mill End, Rickmansworth, WD3 8JN
What: Three Rivers residents aged 60+ can swim for free. Advance registration required.
Who: William Penn Centre – contact 01923 771050
Cost: Free (at specified time)

**Nordic Walking – Easy Adventure – *all ages***

When: Mondays 1:00 pm - 1:45 pm.
Where: Rickmansworth Aquadrome, Frogmoor Lane, Rickmansworth, WD3 1BN
What: For all ages/abilities led by an accredited instructor.
Who: Three Rivers Leisure – contact 01923 776611
Cost: £5 + £2 pole hire. Booking required

**Back to Netball – *all ages***

When: Mondays 1:15 pm - 2:45 pm.
Where: William Penn Leisure Centre, Mill End, WD3 8JN
What: Netball coaching class for all ages and abilities
Who: Three Rivers Leisure – contact 01923 776611
Cost: £4

**Getting Together Welcome club – Sequence Dance – *over 55***

When: Mondays 2:00 pm - 4:00 pm.
Where: Red Cross Community Centre, Community Way, Croxley, WD3 3BH
What: Sequence dancing for over 55s
Who: Getting Together - contact 01923 216967.
Cost: £1

**Sarratt Pop up Community Cafe - *all ages***

When: Second Monday of every Month
 2:30 pm - 4:00 pm.
Where: Sarratt Village Hall, The Green, WD3 6AS
What: Coffee, cake and chat as well as the local Foodbank.
Who: Sarratt Village Hall – contact - 01923 265881
Cost: Suggested donations welcome.

**Croxley Guild Bowls Club - *all ages***

When: Beginners / new members welcome on Mondays 6:00 pm
Where: The Green, Croxley Green, Rickmansworth (Through the gates opposite the Artichoke), WD3 3HT
What: A friendly environment for people to enjoy bowling at whatever level they feel comfortable with.
Who: Les Berry – contact - 01923 775569
Cost: Annual membership £10.00 for adults, £8.00 for senior citizens.

**Bingo Night – *all ages***

When: Mondays (except bank holidays) 7:00 pm.
Where: Royal British Legion, 161 Watford Road, Croxley Green, Rickmansworth WD3 3ED.
What: Just turn up and play! Eyes down at 7:30 pm.
Who: Royal British Legion – contact 01923 443210
Cost: 30p entrance fee plus cost of books.

**Ballroom Dancing – *all ages***

When: Mondays 7:00 pm – 7:00 pm
Where: Mill End Community Centre, Old School Building, Church Lane, Rickmansworth, WD3 8HD.
What: Beginners adult classes – partners not needed.
Who: Diana – contact 07771 657556
Cost: £7 taster session



Rickmansworth Rock Choir – *all ages*

When: Mondays 8:00 pm - 9:30 pm (term time only)
Where: Harvey Road School, Harvey Road, Croxley Green, WD3 3BN.
What: Contemporary Choir, singing pop, rock and chart music with no auditions and no need to read music.
Who: Rock Choir – contact 01252 917763
Cost: Free taster session and then £100 per term

Harmonies of the Heart – *18+*

When: Second and Fourth Monday of every Month 7:45 pm - 9:30 pm but please check for dates.
Where: Loudwater Farm, Loudwater Lane, Rickmansworth, WD3 4HG.
What: Open the heart and awaken the soul by sharing songs and experiences, with light refreshments.
Who: Mike Robeson contact – 07788 566313.
Cost: By donation.

Chorleywood Fine Arts Lectures – *all ages*

When: Monthly on a Monday 8:00 pm.
Where: The Junction, Christchurch, Chorleywood, WD3 5SG
What: Monthly illustrated lectures covering a broad spectrum of arts-related topics. See website for full list of lectures.
Who: Olivia Gibney – contact 01923 490314
Cost: Annual Membership fee, or guests £10 per lecture.

Tuesdays**Active Life 50+ Morning- *over 50***

When: Tuesdays 8:30 am - 12:30 pm
Where: William Penn Leisure Centre, Shepherds Lane, Mill End, Rickmansworth, WD3 8JN
What: A multi sport activity morning designed for the over 50s. Activities include badminton, gym, squash or table tennis and maybe even a swim and a coffee.
Who: William Penn Centre – contact 01923 771050
Cost: £4.50

Getting Together Clubs – *over 55*

When: Tuesdays 10:00 am - 12:30 pm.
Where: Mill End Community Centre, Old School Building, Church Lane, Rickmansworth, WD3 8HD.
What: Activities, exercise, socialising and entertainment.
Who: Getting Together - contact 01923 216967.
Cost: £1.00

The Mill Cafe – *all ages*

When: Tuesdays 10:00 am - 6:00 pm.
Where: Methodist Church, Berry Lane, Mill End, WD3 7HJ.
What: A low cost community café which offers refreshment & cake, lunch at 12pm, Watford Credit Union 1-2pm, Citizens Advice Bureau 1.30-4pm with the Foodbank 1.30- 6pm.
Who: Mill End Community Trust - contact 07716 856892.
Cost: Suggested donations welcome.

Getting Together Clubs – *over 55*

When: Tuesdays 10:30 am - 12:30 pm.
Where: Longcroft Road, Maple Cross, Rickmansworth, WD3 9TR
What: Activities, exercise, socialising and entertainment.
Who: Getting Together - contact 01923 216967.
Cost: £1.00



The Friendship Club – *older adults*

When: Tuesdays 10:30 am – 2:45 pm.
Where: St Andrew's Church, Quickley Lane, Chorleywood, WD3 5AE.
What: Social club providing morning coffee, a freshly cooked hot two course lunch and afternoon tea. Plus a variety of activities and occasional outings.
Who: Gill - contact 07563 499219.
Cost: £4.00



RVS Lunch Club – *over 60*

When: Monday - Friday 11:45 am – 1:15 pm
Where: Mill End Community Centre, Old School Building, Church Lane, Rickmansworth, WD3 8HD.
What: A nutritious two course meal with tea/coffee served in a warm, sociable setting.
Who: Royal Voluntary Service - contact 01923 493344
Cost: £5.00



Walking Netball – *16+*

When: Tuesdays 12:30 pm - 1:45 pm.
Where: William Penn Leisure Centre, Mill End, WD3 8JN
What: Netball anyone can play regardless of age or fitness
Who: William Penn Leisure Centre - contact 01923 771050.
Cost: £3.00 per session. No booking required





Maple Cross Getting Together




Every Tuesday – 10.30 am – 12.30 pm

Maple Cross Club
Longcroft Road
WD3 9TR

Phone: 01923 216967

www.gettingtogether.org

Find us on Facebook@W3RTgettingtogether

Funded by



"Getting Together" is a project of



Charity registration number: 1085518

Herts Health Walks - *all ages*

When: Tuesdays 2:00 pm.
Where: Café in the Park, Aquadrome, Frogmore Lane, Rickmansworth, WD3 1NB
What: Group walk - First Steps and grade 1 (20-30 minutes).
Who: Sian Price – contact 01992 588433.
Cost: Free

**Croxley Keep Fit – *older adults***

When: Tuesdays 2:45 pm - 3:45 pm.
Where: All Saints Church, Croxley Green, WD3 3HJ
What: Tailored circuits class for the older adults in an informal, friendly environment.
Who: Three Rivers District Council – contact 01923 776611
Cost: £4 – no booking required, just turn up!

**Exercise Class for the – *over 60s***

When: Tuesdays 2:45 pm - 3:45 pm.
Where: Methodist Church Hall, New Road, Croxley Green, WD3 3EL
What: Friendly & fun with moves to help with everyday tasks.
Who: Diana – contact 07771 657556
Cost: £4

**Royal British Legion T-Dances – *all ages***

When: Tuesdays 2:00 pm – 4:00 pm.
Where: Royal British Legion, 161 Watford Road, Croxley Green, Rickmansworth WD3 3ED.
What: A mixture of sequence, ballroom and line dancing with plenty of tea & biscuits. You don't have to be a member, just turn up!
Who: Alex and Barbara Loose – contact 01923 720509
Cost: £2 for dancers, £1 for non-dancers.

**Mother's Union Monthly Meeting – *all ages***

When: Second Tuesday of every Month 7:30 pm.
Where: St Peter's Church, Berry Lane, Mill End, Rickmansworth, WD3 7HQ
What: Monthly members meeting, new members welcome
Who: Kathy Marsh – contact 07712 626169
Cost: Membership Rates Apply - £1 for non-members.

**Croxley Green Jive Club – *all ages***

When: Tuesdays 8:00 pm – 10:30 pm.
Where: Royal British Legion, 161 Watford Road, Croxley Green, Rickmansworth WD3 3ED.
What: 50s Rock 'n' Roll jive club with lesson and social dance music.
Who: Colin Reeves – contact 07757 388290
Cost: £6.



Wednesdays

Swimming for the *over 60*

When: Wednesdays 9:00 am - 10:00 am.
Where: William Penn Leisure Centre, Shepherds Lane, Mill End, Rickmansworth, WD3 8JN
What: Three Rivers residents ages 60+ can swim for free. Advance registration required.
Who: William Penn Centre – contact 01923 771050
Cost: Free (at specified time)



Mill End Community Café – all ages

When: Wednesdays 9:00 am - 1:00 pm.

Where: Mill End Community Centre, Church Lane,
Mill End, Rickmansworth, WD3 8HD.

What: Enjoy a full English breakfast, brunch or tea /coffee
and cake in a friendly relaxed atmosphere.

Who: Mill End Community Centre – contact 01923 493344

Cost: Pay for what you eat/drink.

**Reach Out Café – over 55**

When: Wednesdays 10:30 am - 1:00 pm
(term time only)

Where: Cloisters Hall, The Cloisters, Rickmansworth,
WD3 1HL

What: A neighbourhood gathering for people to meet up and
participate in a range of activities including seated
exercise, board games, social activities and quizzes.
Includes tea, coffee, juice, biscuits and cake.

Who: Rosemary Ofosu– contact 07985 350119

Cost: Free

**Hertfordshire Health Walks - all ages**

When: Wednesdays 11:00 am

Where: Mill End Community Centre, Church Lane,
WD3 8HD

What: Group walk – First Steps and Grade 1 (20 – 30 mins)

Who: Sian Price – contact 01992 588433.

Cost: Free

**RVS Lunch Club – over 60**

When: Monday - Friday 11:45 am – 1:15 pm

Where: Mill End Community Centre, Old School
Building, Church Lane, Rickmansworth, WD3 8HD.

What: A nutritious two course meal with tea/coffee served in
a warm, sociable setting.

Who: Royal Voluntary Service - contact 01923 493344

Cost: £5.00

**RVS Lunch Club – all ages**

When: Wednesdays 12:30 pm – 1:30 pm.

Where: Bullsland Hall, Bullsland Lane, Chorleywood,
WD3 5BQ

What: A nutritious two course hot meal with tea / coffee,
served in a warm, sociable setting.

Who: Linda Clarkson - contact 01494 762849.

Cost: £4.00

**Getting Together – over 55**

When: Wednesdays 2:00 pm – 4:00 pm.

Where: The Kitchen Croxley, 198 Watford Road,
Croxley Green, WD3 3DB

What: Getting Together social club: a delicious cream tea

Who: Getting Together - contact 01923 216967

Cost: Pay for what you have.

**Stamp Group – all ages**

When: First Wednesday of every Month 2:00 pm
- 4:00 pm.

Where: Mill End Community Centre, Church Lane,
Rickmansworth, WD3 8HD

What: Collect and talk about stamps.

Who: Rosemary - contact 01923 282500

Cost: £2.00 per meeting.



The Quick Reads Book Group – *all ages*

When: Usually Second Wednesday of every Month
(please check ahead for dates) 10:15 am – 11:15 am

Where: Mill End Community Centre, Church Lane,
Mill End, Rickmansworth, WD3 8HD.

What: Local book group. Quick Reads are brilliant short new
books written by bestselling writers and published in a
large font.

Who: Mill End Community Centre – contact 01923 493344

Cost: Free

Thursdays

Active Life 50+ Morning- *over 50*

When: Thursdays 8:30 am - 12:30 pm

Where: William Penn Leisure Centre, Shepherds Lane, Mill
End, Rickmansworth, WD3 8JN

What: A multi sport activity morning designed for the over
50s. Activities include badminton, gym, squash or table
tennis and maybe even a swim and a coffee.

Who: William Penn Centre – contact 01923 771050

Cost: £4.50

Getting Together Clubs – *over 55*

When: Thursdays 11:00 am - 3:00 pm.

Where: Royal British Legion, 161-163 Watford Road,
Croxley Green, WD3 3ED.

What: Activities, exercise, socialising and entertainment.

Who: Getting Together - contact 01923 216967.

Cost: £1.00

RVS Lunch Club – *over 60*

When: Monday - Friday 11:45 am – 1:15 pm

Where: Mill End Community Centre, Old School
Building, Church Lane, Rickmansworth, WD3 8HD.

What: A nutritious two course meal with tea/coffee served in
a warm, sociable setting.

Who: Royal Voluntary Service - contact 01923 493344

Cost: £5.00

Love to Dance – *over 50*

When: Thursdays 12:30 pm - 2:30 pm.

Where: St Peter's Church, Mill End, WD3 7HQ

What: A programme of multiple dance styles and new
routines for people of any ability.

Who: Active Together - contact 0203 675 7215.

Cost: £5.00 per session (first session free).

Dance for Parkinson's - *all ages*

When: Thursdays 12:30 pm – 1:30 pm (term time only)

Where: William Penn Leisure Centre, Shepherds Lane,
Mill End, Rickmansworth, WD3 8JN

What: A relaxed and sociable environment for people with
Parkinson's to exercise both body and mind - develop
flexibility and confidence in movement and balance.

Who: 01923 776611

Cost: £3 (carers free)

Generation Sing – over 60

When: Thursdays (term time only) 6:30 pm - 7:30 pm.
Where: Croxley Community Centre, Barton Way, Croxley Green, WD3 3PA

What: A fun, friendly choir open to all from 5+ years which aims to bring generations together by singing fun songs from different eras.

Who: Email: generationsing@gmail.com
Cost: Free

**Men's Workshop – all ages**

When: Thursdays 7:30 pm – 9:00 pm.
Where: Mobile Unit at the back of the Methodist Church, Berry Lane, Mill End, WD3 7HJ.

What: A space for men to get together and work on projects such as servicing/repairing bikes or building a train track for model trains etc.

Who: Mill End Community Trust - contact 07716 856892.
Cost: Free

**Scottish Country Dancing – 16+**

When: Thursdays 8:00 pm – 10:00 pm.
Where: All Saints Church, The Green, Croxley Green, WD3 3HJ.

What: Taught by Royal Scottish Country Dance Society qualified teachers, senior members and guest teachers. Beginners welcome.

Who: Rose Krelloff – contact 07880 842370
Cost: £4.



Royal British Legion, Croxley Green
161 Watford Rd, WD3 3ED

<https://www.facebook.com/rblwscg>

Women's Section (Charity Number 219279) presents
their charity fund raising

Coffee Mornings

Usually with sale of HOME PRODUCE and BOOKS
10.30am to 12.00 noon

Non-Members welcome

Held on the first THURSDAY in the month except for
May when it will be the second Thursday

Dates for 2020 are:

2nd January; 6th February; 5th March; 2nd April; 14th May;
4th June; 2nd July; 6th August; 3rd September;
1st October; 5th November; 3rd December.

Choice of latte, cappuccino, hot chocolate, tea or coffee

Biscuits and mini doughnuts included. Free refills.

ENTRANCE £2.00. OPTIONAL RAFFLE £1.00.



Fridays

The Mill Cafe – *all ages*

When: Fridays 10:00 am - 2:00 pm.
Where: Methodist Church, Berry Lane, Mill End, WD3 7HJ.
What: A low cost friendly community café which offers refreshments and cake with lunch served at 12.
Who: Mill End Community Trust - contact 07716 856892.
Cost: Suggested donations welcome



Knit and Natter – *all ages*

When: Fridays 10:30 am - 11:30 am.
Where: The Mill Café, Methodist Church, Berry Lane, Mill End, Rickmansworth, WD3 7HH.
What: Social group for ladies who knit or want to learn to knit.
Who: Alan Baskeyfield – contact 01923 775587
Cost: Free



The Mill Photography Club – *all ages*

When: Fridays Fortnightly (First & Third Friday of every Month) 10:00 am - 12:00 pm.
Where: The Mill Café, Methodist Church, Berry Lane, Rickmansworth, WD3 7HH.
What: A group for anyone who wants to learn more about photography and take better pictures.
Who: Alan Baskeyfield 01923 775587
Cost: Free



Coffee Morning – *all ages*

When: First Friday of every Month 10:00 am - 12:00 pm.
Where: Rickmansworth Baptist Church Hall, High Street, Rickmansworth, WD3 7HJ.
What: The church lounge is opened for a coffee morning with a bric a brac stall. All welcome.
Who: David Langley - contact 01923 720643
Cost: Donations welcome – all proceeds go to the Peace Hospice.



RVS Lunch Club – *over 60*

When: Monday - Friday 11:45 am – 1:15 pm
Where: Mill End Community Centre, Old School Building, Church Lane, Rickmansworth, WD3 8HD.
What: A nutritious two course meal with tea/coffee served in a warm, sociable setting.
Who: Royal Voluntary Service - contact 01923 493344
Cost: £5.00



Coffee Morning – *all ages*

When: First Friday of every Month 2:00 pm - 4:00 pm.
Where: St Peter's Church, Berry Lane, Mill End, Rickmansworth, WD3 7HQ.
What: Get together with chat, refreshments and board games. All welcome.
Who: Kathy Marsh – contact 07712 626169
Cost: Membership costs apply. £1 for non-members



Knit and Natter – all ages

When: Last Friday of every Month 10:30 am – 12:00 pm.

Where: The Kitchen Croxley, 198 Watford Road, Croxley Green, WD3 3DB.

What: Run by the Peace Hospice Care Wellbeing Team. Open to patients, carers, bereaved and everyone in the community.

Who: Peace Hospice Care – contact 01923 330332

Cost: Free drop in session.

**Croxley Green International Folk Dance Group - all ages**

When: Fridays 11:00 am – 12:30 pm.

Where: Croxley Green Community Centre, Community Way, Croxley Green, WD3 3SU.

What: Learn dances from many countries - friendly group, newcomers welcome and no partner needed.

Who: Meryl Abraham - contact 07770 815514 email: merylabraham@icloud.com

Cost: £2 (first session free)

**Beginners Yoga - all ages**

When: Fridays 11:00 am – 12:00 pm

Where: The rear of Dulwich Way, Croxley Green, WD3 3PY

What: Gentle movement class to help improve motion and flexibility and reduce aches and pains.

Who: Gina – contact 07905 410431

Cost: £8.00

**Dinner Bell - all ages**

When: Fridays 12:00 pm – 2:00 pm (term time only).

Where: All Saints' Church Hall, The Green, Croxley Green, Rickmansworth, WD3 3HJ.

What: Hot & cold meals for the local community with pudding.

Who: 01923 772109.

Cost: Reasonable prices, varies depending on menu choice.

**Chair Yoga - all ages**

When: Fridays 2:30 pm - 3:00 pm.

Where: Hanover Court, Cherwell Close, Croxley Green, Rickmansworth, WD3 3UF.

What: Gentle movement class to help improve motion and flexibility and reduce aches and pains.

Who: Gina – contact 07905 410431

Cost: £3.50.

**Let's Get Together – all ages**

When: Last Friday of every Month 2:00 pm - 4:00 pm.

Where: St Peter's Church, Berry Lane, Mill End, Rickmansworth, WD3 7HQ.

What: Get together with chat, refreshments and board games. All welcome.

Who: Kathy Marsh – contact 07712 626169

Cost: Membership costs apply. £1 for non-members



Saturdays

Rickmansworth Parkrun – *all ages*

When: Saturdays 9:00 am
Where: Rickmansworth Aquadrome, Frogmoor Lane, Rickmansworth, WD3 1BN
What: Run, walk or volunteer at a weekly 5km event.
Who: Email: rickmansworthhelpers@parkrun.com
Cost: Free



Zumba Gold – *all ages*

When: Saturdays 9:30 am - 10:30 pm.
Where: St Peter's Church Hall, Berry Lane, Mill End, WD3 7HH.
What: A fun low impact dance fitness particularly suitable for the over 50s and those with reduced mobility with an option to do the class seated.
Who: Theresa Cory – contact 07903 968132
Cost: £5 pay as you go (10% discount if you buy a 5 or 10 class bundle card.)



Getting Together Welcome Club – *over 55*

When: Saturdays 2:00 pm - 4:00 pm.
Where: Red Cross Centre, Community Way, Croxley Green, WD3 3HB.
What: Activities, socialising and entertainment.
Who: Getting Together - contact 01923 216967.
Cost: £1.00



Sundays

Volunteer days at Croxley Common Moor– *all ages*



When: Second Sunday of every month 10:00 am – 1:00 pm
Where: Croxley Common Moor, enter from Mill Lane, WD3 3EW
What: Volunteer Conservation work
Who: Graham Everett - contact 01923 251157
Cost: Free

What's on in WD5

Mondays

Love to Dance – *over 50*

When: Mondays 10:00 am - 12:00 pm.
Where: Tanner's Wood Hall, School Mead, Abbots Langley, WD5 0LA.
What: Multiple dance styles and new routines for all abilities – no dance experience required and no partner needed.
Who: Active Together – contact 0203 675 7215.
Cost: £6.00 per session (first session free).



Veterans Support Group Abbots Langley – *all age Veterans*

When: Every Monday 12:00 - 4:00 pm, with advisers in attendance on the 1st Monday of the month.
Where: Working Mens Club, Trowley Rise, Abbots Langley, WD5 0LN.
What: Veterans advice and companionship.
Who: Liz Burns Founder – contact 07527 213 921 belizmik@aol.com
Cost: Free



Bedmond Village Bowls Club - *all ages*

When: Mondays 10:00 am – 1:00 pm.
Where: Bedmond Village Hall, High Street, Bedmond, WD5 0QP.
What: Carpet Bowls for all abilities with refreshments.
Who: Margaret Forrest – contact 01923 670989
Cost: First three sessions are free. £3 pay as you go or membership fee.



Mindful Yoga – *all ages*

When: Mondays 2:00 pm – 3:00 pm (term time only).
Where: Abbots Langley Methodist Church, 1 Langley Road, WD5 0EH.
What: Yoga Class for all abilities – breathing & relaxation
Who: Caroline Wait – contact 07940 570067
Cost: £9 drop in or £7 per week per term.



Abbots Keep Fit – *older adults*

When: Mondays 2:15 pm - 3:15 pm.
Where: The Henderson Hall, Abbots Langley, WD5 0AR.
What: Tailored circuits class for the older adult in an informal, friendly environment
Who: Three Rivers District Council – contact 01923 776611
Cost: £4 – no booking required, just turn up!



The Royal British Legion Abbots Langley Branch - *all ages*

When: First Monday of the month unless a bank holiday then on the 2nd Monday 7:30 for 8:00 pm
Where: Working Mens Club, Trowley Rise, Abbots Langley, WD5 0LN.
What: Members monthly meeting.
Who: Chairman Liz Burns 01727 213921 belizmik@aol.com
Cost: Membership rates apply.



Abbots Langley Local History Society – *all ages*



When: Last Monday of every Month unless otherwise stated on the programme. 8:00 pm

Where: The Manor House, Gallows Hill Lane, Abbots Langley, WD5 0DD.

What: History talks, some on local history and some on general history. Runs September – May but with some Summer activities.

Who: Delva O'Regan - 01923 267585

Cost: Annual membership £8 individual or £12 family. Non-members; suggested donation £2

Tuesdays

Church Coffee Shop – *all ages*



When: Tuesdays 10:15 am - 12:15 pm.

Where: St Lawrence Church, High Street, Abbots Langley, WD5 0AS.

What: Community café open to all.

Who: St Lawrence Church – contact 01923 261795

Cost: Pay for what you have

Knit and Natter – *all ages*



When: First Tuesday of every Month 10:00 am - 12:00 pm.

Where: Abbots Langley Library, High Street, WD5 0AP.

What: Bring along your crafts to share or ask for help – a warm welcome to all. Tea and coffee provided.

Who: 0300 123 4049

Cost: Voluntary donations welcome

Knit and Natter – *all ages*



When: Last Tuesday of every Month – 10:30 am.

Where: Abbots Langley Methodist Church, 1 Langley Road, WD5 0EH.

What: Knitting group that donates everything they make to various good causes.

Who: 01923 261717

Cost: Free, tea and coffee provided.

Lunch Club - *all ages*



When: Last Tuesday of every Month 11:30 am - 1:30 pm.

Where: Abbots Langley Baptist Church, School Mead, WD5 0LA.

What: A friendly social & lunch club with trips and unlimited tea & coffee – all welcome.

Who: Paul Brooks – contact 07724 396675.

Cost: £3.00

Wednesdays

Getting Together Clubs – *over 55*

When: Wednesdays 11:00 am - 3:00 pm.
Where: The Manor House, Gallows Hill Lane, Abbots Langley, WD5 0DD.
What: Activities, exercise, socialising and entertainment.
Who: Getting Together - 01923 216967.
Cost: £1.00



Coffee Morning at The Tin Church - *all ages*

When: First Wednesday of every Month (except January) 10:00 am - 12:00 pm.
Where: The Church of the Ascension, Church Hill, Bedmond, WD5 0RN.
What: Friendly coffee morning open to all with books, bric-a-brac, crafts and plants for sale.
Who: 01923 261795
Cost: Free



Carers Coffee Morning – *all ages*

When: Last Wednesday of every Month 10:30 am - 12:00 pm.
Where: Methodist Church, 1 Langley Road, Abbots Langley, WD5 0JE.
What: A meeting for Carers in Abbots Langley to get together and have some time off with guest speakers and advice.
Who: Liz Burns – contact 07527 213921
Cost: Free



Open House Tea & Cakes – *over 50*

When: First and Third Wednesday of every month 2:30 pm.
Where: Methodist Church, Corner of Langley Road / High Street, Abbots Langley, WD5 0JE.
What: Tea, cakes & conversation.
Who: Contact 01923 261717
Cost: Donations towards refreshments welcome.



Thursdays

Getting Together Clubs – *over 55*

When: Thursdays 2:00 pm - 4:00 pm.
Where: Abbots Langley Community Centre, Manor House Grounds, High Street, WD5 0AP.
What: Activities, exercise, socialising and entertainment.
Who: Getting Together - 01923 216967.
Cost: £1.00.



The Flower Club – *all ages*

When: Fourth Thursday of every Month 7:30 pm.
Where: Henderson Hall, High Street, Abbots Langley, WD5 0AR.
What: Learn to artfully arrange flowers
Who: Abbots Langley Flower Arrangement Society - contact 01582 760709
Cost: Visitors fee / annual subscription applies.



Evergreen Getting Together

getting
together



Every Thursday - 2.00pm – 4.00pm
 55+
 Abbots Langley Community Centre
 Manor House Grounds, High Street, WD5 0AP

Join us
 every week for
 activities,
 friendship, chat
 & lots of fun

Phone : 01923 216967

Find Us on **Facebook@w3rtgettingtogether**

www.gettingtogether.org



RAFA Social Evening – *all ages*

When: Second Thursday of every Month 8:00 pm - 10:30 pm.

Where: The Manor House, Gallows Hill Lane, Abbots Langley, WD5 0DD.

What: RAF social evenings open to all; serving or veterans or anyone with an interest. Speakers, activities and outings.

Who: Pat Hayes – contact 01923 331975

Cost: Membership costs apply but visitors welcome.



Fridays

Leverstock Green Bridge Training Group - *all ages*

When: Fridays 9:30 am – 12:00 pm.

Where: Bedmond Village Hall, High Street, Bedmond, WD5 0QP.

What: Learn to play and enjoy bridge - from absolute beginners to intermediate players.

Who: Alan Woof – contact 07714 430650

Cost: £5 per session.



Abbots Langley Community Cafe – all ages

When: Fridays 10:00 am – 12:00 pm.
Where: Henderson Hall, High Street, Abbots Langley, WD5 0AR.
What: Community Café with delicious home-made cakes. Any profits made go to local charities – all welcome.
Who: Henderson Hub - contact 01923 601280
Cost: Everything is 50p

**Nordic Walking – Easy Adventure – all ages**

When: Fridays 10.00 am - 10:45 am.
Where: Leavesden Country Park, 1 College Road, Abbots Langley, WD5 0NX.
What: An easy walk for all ages and abilities led by an accredited instructor.
Who: Three Rivers Leisure - contact 01923 776611
Cost: £5 plus £2 pole hire

**Craft Morning - all ages**

When: Fridays 10:00 am - 12:00 pm.
Where: The Church of the Ascension, Church Hill, Bedmond, WD5 0RN.
What: Weekly crafting group for those who enjoy making things over a cup of coffee and a chat.
Who: The Tin Church – contact 01923 261795
Cost: £1

**Shopper Service & Lunch – all ages**

When: Third Friday of every Month 11:45 am.
Where: Abbots Langley Methodist Church, 1 Langley Road, WD5 0EH.
What: A thirty minute service followed by a simple lunch of soup, bread, cheese, fruit and tea/coffee. Everyone welcome.
Who: Methodist Church - 01923 261717
Cost: £3

**Freestyle Jive Night - all ages**

When: Last Friday of every Month 10:00 am – 1:00 pm.
Where: Bedmond Village Hall, High Street, Bedmond, WD5 0QP.
What: Modern jive freestyle dance.
Who: Carol Clarke – contact 07930 172117
Cost: £10 including entry, free tea/coffee and light refreshments.



Saturdays

Watford and Hemel Armed Forces & Veteran's Breakfast Club - all ages

When: Third Sunday of the Month 9:30 am.
Where: The Kings Lodge, 28 Bridge Road, Hunton Bridge, WD4 8RQ.
What: Anyone with a link to the Armed Forces past or present is welcome to join us for breakfast.
Who: Contact – 01923 441141.
Cost: Free



What's on in WD17

Mondays

Forever Fit - *older adults*

When: Mondays 10:30 am – 11:25 am.

Where: Watford Leisure Centre, Peace Prospect, Watford, WD17 3HA.

What: A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility.

Who: Watford Leisure Centre – contact 01923 296750

Cost: £3.55



Watford Social Centre for the Blind - *all ages*

When: Mondays 11:00 am - 2:30 pm.

Where: Rene Milton Hall, Cross Street, Watford WD17 2QD.

What: Lively social group for the able-bodied with a visual impairment and acting support group for the Macular Society.

Who: Jenny Marsh – contact 07932 746181

Cost: £20 annual subscription plus nominal weekly donation.



Fit for Life: Zumba – *over 50*

When: Mondays 11:00 am - 12:00 pm.

Where: YMCA Charter Place, Watford, WD17 2RT.

What: Zumba class aimed at the over 50s.

Who: Vicky Keough - contact 01923 353629

Cost: £4



Monday Munch with your Neighbours – *all ages*

When: Mondays 12:00 pm - 2:00 pm.

Where: St John's Community Hall, Estcourt Road, Watford, WD17 2PS.

What: Come and have lunch with your neighbours.

Who: Helen – contact 07950 370688

Cost: No fixed prices but you are welcome to make a donation.



Senior Swimming – *over 50*

When: Mondays 3:00 pm - 4:00 pm.

Where: Watford Leisure Centre, Hempstead Road, WD17 3HA.

What: Adults 50 & over can swim socially or in lane provided.

Who: Get Active - contact 01923 296750.

Cost: £2.35 per session (pre-registration required).



Guideposts Carers Group – *all ages*

When: Last Monday of every Month 6:45 pm - 9:00 pm.

Where: Henry Smith House, 3-5 Estcourt Road, Watford, WD17 2PT.

What: A group for carers of adults with a mental health condition or autism. Meetings include speakers, sharing of information and knowledge, mutual support as well as lighthearted fun activities.

Who: Lin Fellows – contact 01923 223554 / 07845 608545

Cost: Free



Tuesdays

Art Resource Centre – *all ages*

When: Tuesdays - 10:00 am - 2:00 pm.
Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.
What: For artists and non-artists alike to share ideas and skills with access to an extensive art library and facilities for practical work.
Who: Francis Smith - contact 01923 210639.
Cost: £4.00 per session.



Chinese Elders' Community Language & Social Club – *over 50*

When: Tuesdays 10:00 am – 11:30 am.
Where: The Green Room, Watford Palace Theatre, 20 Clarendon Road, WD17 1JZ.
What: Drop in social club for the Chinese elder's community to help each other work on their English language.
Who: participation@watfordpalacetheatre.co.uk - 01923 810307.
Cost: Please enquire for pricing.



Fit for Life – Keep Fit - *over 60*

When: Tuesdays 10:00 am – 11:00 am.
Where: YMCA, Charter Place, Watford, WD17 2RT.
What: A dedicated general keep fit class for over 60s
Who: YMCA Health Club – contact 01923 353600
Cost: £4



Gentle Yoga with Helen – *all ages*

When: Tuesdays 10:30 am - 11:45 am.
Where: Friends Meeting House, 150 Church Road, Watford, WD17 4QB.
What: Gentle yoga class suitable for all.
Who: Helen – contact 07984 429255
Cost: £8 per session.



Sewing Club - *over 18*

When: Tuesdays 11:00 am – 1:00 pm.
Where: Watford Central Library, Hempstead Road, Watford, WD17 3EU.
What: Open to all adults regardless of ability. A variety of equipment available and a nurturing environment.
Who: Watford Central Library – contact 0300 123 4049
Cost: £2.50



Chinese Elders' Lunch Club - *over 50*

When: Tuesdays 11:30 am - 3:00 pm.
Where: Watford Palace Theatre, 20 Clarendon Road, WD17 1JZ.
What: Lunch club for the Chinese elder's community.
Who: participation@watfordpalacetheatre.co.uk - 01923 810307.
Cost: Please enquire for pricing.



Tea Dance – *all ages*

When: Tuesdays 2:00 pm - 4:00 pm.
Where: Beechen Grove Baptist Church, 2nd Floor, 30 Clarendon Road, Watford, WD17 1JJ.
What: Mix, mingle, make new friends and enjoy dancing.
Who: Linda - 07931 383503 or Ian - 07508 570582.
Cost: £6.00 includes free refreshments.



Yoga with Helen – all ages

When: Tuesdays 6:00 pm – 7:15 pm
Where: Friends Meeting House, 150 Church Road, Watford, WD17 4QB.
What: Yoga class suitable for all.
Who: Helen – contact 07984 429255
Cost: £10 weekly drop in fee – advance block booking available at a reduced cost.

**Yoga for Beginners – all ages**

When: Tuesdays 7:30 pm – 8:30 pm
Where: Friends Meeting House, 150 Church Road, Watford, WD17 4QB.
What: Five week rolling course for complete beginners.
Who: Helen – contact 07984 429255
Cost: Please enquire for pricing

**Open Mic @ The Pump House - all ages**

When: Tuesdays 8:00 pm.
Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.
What: Run by musicians for musicians with no pub crowd to sing over. All ages and styles welcome.
Who: Pump House Theatre & Arts Trust – 01923 241362. email: watfordopenmic@hotmail.com
Cost: £3.00 per session

**My Town Choir - all ages**

When: Tuesdays 7:30 pm – 9:30 pm (term time only)
Where: Nascot Wood Junior School, Nascot Wood Road, Watford, WD17 4YS
What: Community Choir: meet new people, socialise and benefit from the pleasure that singing in a choir brings. Raising funds for local charities with concerts. Everyone welcome.
Who: My Town Choir – email: admin@mytownchoir.co.uk
Cost: £7.50 per 2 hour session

**Drop in Mindfulness Meditation Practice**

When: First Tuesday of each Month 6:00 pm – 7:30pm
Where: Watford Central Library, Hempstead Road, Watford, WD17 3EU.
What: Mindful movement, gentle stretches or walking followed by readings and guidance. All levels.
Who: Mindful Herts - contact – 07939 817676
Cost: £5 suggested donation



Wednesdays

Art Resource Centre - all ages

When: Wednesdays 9:00 am - 1:00 pm.
Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.
What: For artists and non-artists alike to share ideas and skills with access to an extensive art library and facilities for practical work.
Who: Francis Smith - contact 01923 210639.
Cost: £6.00 per session.



New Connections – over 50

When: Wednesdays 10:00 am - 11:00 am & 11:00 am - 12:00 pm for tea and coffee.

Where: Watford Museum, 194 Lower High Street, Watford, WD17 2DT.

What: A friendly, creative dance group for the over 50s.

Who: Laura – contact 01923 232297.

Cost: Free.

**Community Coffee Morning - all ages**

When: Wednesdays 10:30 am - 12:00 pm.

Where: St. John's Church, Sutton Road, Watford, WD17 2QQ.

What: Our family friendly community coffee morning is a great opportunity to make new friends.

Who: St. John's Church Watford - contact 01923 236174.

Cost: No fixed prices, but you are welcome to make a donation.

**Watford Social Centre for the Blind - all ages**

When: Wednesdays 11:00 am - 2:30 pm.

Where: Rene Milton Hall, Cross Street, Watford WD17 2QD.

What: A lively social group for the able-bodied with a visual impairment and the acting support group for the Macular Society. Social activities, entertainment, support and local trips. Hot lunch provided.

Who: Jenny Marsh – contact 07932 746181

Cost: £20 annual subscription plus £3.50 weekly towards the cost of lunch.

**Forever Fit - older adults**

When: Wednesdays 11:00 am – 11.55 am.

Where: Watford Leisure Centre, Peace Prospect, Watford, WD17 3HA.

What: A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility.

Who: Watford Leisure Centre – contact 01923 296750

Cost: £3.55

**Board on Wednesday – all ages**

When: Wednesdays 11:00 am – 12:30 pm

Where: Watford Central Library, Hempstead Road, Watford, WD17 3EU

What: Come along and play board games, have a chat and make new friends

Who: Watford Central Library – contact 0300 123 4049

Cost: £1 donation

**Fit for Life – Social Club – over 60**

When: Wednesdays 1:30 pm – 3:30 pm.

Where: YMCA, Charter Place, Watford, WD17 2RT.

What: Social club with board games and tea and coffee.

Who: YMCA Health Club – contact 01923 353 607

Cost: £4

**Senior Swimming - over 50**

When: Wednesdays 3:00 pm - 4:00 pm.

Where: Watford Leisure Centre, Hempstead Road, WD17 3HA.

What: Adults 50+ can swim socially or in a lane provided.

Who: Get Active - contact 01923 296750.

Cost: £2.35 per session (pre-registration required).



Community Choir – all ages

When: Wednesdays 7:30 pm - 9:30 pm (term time only).
Where: Watford Palace Theatre, 20 Clarendon Road, Watford, WD17 1JZ.
What: A choir open to all, with no audition or experience required, focussing on the enjoyment of singing.
Who: Watford Palace Theatre - contact 01923 225671.
Cost: £71.50 (for 11 sessions – 1st session free for new members).

**Jiveswing – Learn to Dance - all ages**

When: Wednesdays 8:00 pm.
Where: Beechen Grove Baptist Church, 30 Clarendon Road, Watford, WD17 1JJ.
What: Swing Dance classes for beginners and experienced, followed by social swing dance night with great atmosphere.
Who: Jiveswing – contact 07946 396777
Cost: £10.00

**Bingo Night – all ages**

When: Wednesdays – Eyes down at 8.00 pm.
Where: Watford Ex Service & Social Club, 12-14 St Albans Road, Watford, WD17 1BN.
What: Ten Game Book with escalating Snowball game followed by a flier. (NB You must be a member to win the Snowball).
Who: Contact - 01923 236687.
Cost: 50p Entrance fee + Bingo Books.

**Women's Institute - all ages**

When: First Wednesday of every Month 2:15 pm.
Where: Beechen Grove Baptist Church Hall, Clarendon Road, Watford, WD17 1JJ.
What: The WI provides women with educational opportunities and the chance to build new skills.
Who: Hertfordshire WI – contact 01582 834010
Cost: Membership fees apply

**Watford Deaf Community - all ages**

When: Second Wednesday of every month 12:30 pm - 3:30 pm.
Where: Friends Meeting House, 150 Church Road, Watford, WD17 4QB.
What: Social BSL club for deaf people and sign language users. Bring your own packed lunch, tea and cakes provided. Special interest activities.
Who: Contact - voice phone 01923 260626 or text phone 07925605937. email coates82@btinternet.com
Cost: £2.50 per session.

**Watford and Bushey Phab Club - all ages**

When: Second Wednesday of every Month 7:00 pm - 9:00 pm.
Where: Watford Ex-Service Men's Club, 12-14 St Albans Road, Watford, WD17 1BN.
What: Social club night for able-bodied and disabled people with social activities, games and learning experiences.
Who: brianlinnegar@hotmail.com – 07956 310298.
Cost: 75p.



Watford and Bushey Phab Club - *all ages*

When: First and third Wednesday of every Month
7:00 pm - 9:00 pm.

Where: Tesco Extra Watford, 239-241 Lower High Street,
Watford, WD17 2BD.

What: Social club for able-bodied and disabled people with
social activities, games and learning experiences.

Who: brianlinnegar@hotmail.com – 07956 310298.

Cost: 75p.

**Watford and Bushey Phab Club - *all ages***

When: Last Wednesday of every Month 7:00 pm -
9:00 pm.

Where: O'Neill's Pub, Station Road, Watford, WD17 1ET.

What: Social club for able-bodied and disabled people with
social activities, games and learning experiences.

Who: brianlinnegar@hotmail.com – 07956 310298.

Cost: 75p.



Thursdays

CathARTic Creative Cafe - *all ages*

When: Thursdays 10:00 am - 2:00 pm.

Where: Pump House Theatre & Arts Trust, 5 Local
Board Road, Watford, WD17 2JP.

What: A friendly cafe with a creative flare, that is fully
inclusive to all the community.

Who: Maria or Nicky via the Pumphouse - contact 01923
241362

Cost: Free entry

**Reading Matters - *all ages***

When: Second and fourth Thursday of each Month
10:00 am – 11:30 am (no meetings in August)

Where: Watford Palace Theatre, 20 Clarendon Road, WD17
1JZ.

What: Reading a range of literature for fun and discussion.

Who: oscartheowl2@gmail.com - contact 01923 225671.

Cost: Free

**Forever Fit - *older adults***

When: Thursdays 10:30 am – 11:25 pm &
12:35 pm – 1:20 pm

Where: Watford Leisure Centre, Peace Prospect, Watford,
WD17 3HA.

What: A fun, low intensity, low impact session for older adults
who want to work their heart, muscles and increase
flexibility.

Who: Watford Leisure Centre – contact 01923 296750

Cost: £3.55

**Fit for Life – Aerobics – *over 50***

When: Thursdays 11:00 am – 12:00 pm.

Where: YMCA, Charter Place, Watford, WD17 2RT.

What: Aerobics session for the 50+

Who: YMCA Health Club – contact 01923 353 600

Cost: £6.00 (discounted rate of £4 for over 50s).



Walking Netball - 16+

When: Thursdays 7:00 pm – 8:00 pm.
Where: Watford Leisure Centre, Peace Prospect, Watford, WD17 3HA.

What: A slower version of netball designed so anyone can play regardless of age or fitness level.

Who: Lucy – contact 07834 500189

Cost: £3.00 per session.

**Pump House Jazz Club - all ages**

When: Thursdays 8:15 pm – 11:00 pm.

Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.

What: Brilliant music by professional musicians from all over our country as well as abroad.

Who: Pump House Theatre - contact 020 8950 3513

Cost: £10.00 per session.



Fridays

Love to Dance – over 50

When: Fridays 12:30 pm - 2:30 pm.

Where: Wellsprings Church, 1 Wellsprings Way, Watford, WD17 2AH.

What: Learn multiple dance styles and new routines - for people of any ability.

Who: contact – 0203 675 7215

Cost: £3.00 per session (first session free).

**Scrabble Club - all ages**

When: Fridays 2:00 pm.

Where: Watford Museum, 194 Lower High Street, WD17 2DT.

What: Want to improve your word score? Join our friendly club.

Who: Watford Museum – contact 01923 232297.

Cost: £1.50 per session

**Aqua Fit - all ages**

When: Fridays 6:00 pm – 7:00 pm.

Where: Watford Leisure Centre, Hempstead Road, WD17 3HA.

What: Fitness class in the water with minimal impact on the body.

Who: Everyone Active - contact 01923 296750.

Cost: £4.75 per session.

**Ballroom Dancing - all ages**

When: Fridays 7:30 pm - 8:30 pm, & 8:30 pm – 9:15 pm.

Where: Beechen Grove Baptist Church, 30 Clarendon Road, Watford, WD17 1JJ.

What: Beginner and improvers classes followed by practice.

Who: Linda - 07931 383503 or Ian - 07508 570582.

Cost: £8.00 class, £7.00 practise, £11.00 both.



Watford Folk Club - *all ages*

When: Fridays 8:00 pm.

Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.

What: The friendliest folk club in Watford. Visit www.watfordfolkclub.co.uk to find out more.

Who: Watford Folk Club – watfordfolkclub@outlook.com

Cost: £5.00 (Guest nights £7 - £12).

**Circle Dance – *all ages***

When: Fourth Friday of every Month 7:30 pm

Where: Quaker Meeting House, 150 Church Road, Watford, WD17 4QB

What: Circle dances from many countries, with instructions given before each dance.

Who: Graham Everett – contact 01923 251157

Cost: Free but charity donation invited.

**Big Doug's Quiz Night – *all ages***

When: Last Friday of every Month 8:00 pm.

Where: Watford Ex Service & Social Club, 12-14 St Albans Road, Watford, WD17 1BN.

What: Local character "Big Doug" presents his fun and not too taxing quiz. Round of drinks to the winning team.

Who: Contact - 01923 236687

Cost: Free.



Saturdays

Ballroom & Latin Dancing for beginners – *all ages*

When: Saturdays 9:45 am.

Where: Beechen Grove Baptist Church, 30 Clarendon Road, Watford, WD17 1JJ.

What: Beginners, intermediate and advanced.

Who: Linda - 07931 383503 or Ian - 07508 570582.

Cost: £8.00 per class

Saturday Morning Yoga – *all ages*

When: Saturdays 10:00 am - 11:00 am.

Where: Fullers Rugby Club, Coningesby Drive, Watford, WD17 3PB

What: Traditional Hatha with a focus on bringing balance to the body & mind. Through breathing, creating strength, energy & flexibility. Suitable for beginners.

Who: Caroline Roach – contact 01923 278242

Cost: £3 – booking required.

Live Entertainment - *all ages*

When: Saturdays – Doors open at 8.00 pm.

Where: Watford Ex Service & Social Club, 12-14 St Albans Road, Watford, WD17 1BN.

What: Groups, duo's and soloists providing entertainment in a modern, comfortable, fully air-conditioned dance hall.

Who: Contact - 01923 236687

Cost: Entry fees vary between £4 & £6 for members, £5 & £7 for guests.

Harlem Nights - Social Swing Dance - *all ages*

When: First Saturday of every Month 8:00 pm.
Where: Beechen Grove Baptist Church, 30 Clarendon Road, Watford, WD17 1JJ.
What: Social swing dance night with great atmosphere.
Who: Jiveswing – contact 07946 396777
Cost: £10.00

The Little Gallery Tearoom - *all ages*

When: First Saturday of every Month 10:30 am - 4:00 pm.
Where: Watford Museum, 194 Lower High Street, Watford, WD17 2DY.
What: A pop up tearoom selling homemade cakes and fairtrade hot drinks. Each month has a different activity, event or exhibition.
Who: Watford Museum – contact 01923 232297.
Cost: Free

Themed Coffee Mornings - *all ages*

When: Last Saturday of every Month 10:30 am - 12:00.
Where: Tremona Care Home, 18 Alexander Road, Watford, WD17 4QY.
What: A themed morning of animated fun, raffle and games.
Who: Tremona Care Home – contact 01923 805495
Cost: Free

Classical and Light Music Performance Club - *all ages*

When: Alternate months on the fourth Saturday (28 March & 23 May) 2:00 pm - 5:00 pm.
Where: Watford Quaker Meeting House, 150 Church Road, Watford, WD17 4QB.
What: A chance for musicians and singers of any standard to perform short pieces in a friendly and informal setting.
Who: David Silver – eternalchord@gmail.com
Cost: Adult performers £4, audience free (small donations welcome)

Sundays

Sunday Lunch Club – *over 55*

When: First Sunday of every Month 11:30 am - 2:00 pm.
Where: Call for venue information.
What: Come along for great food and great company. Non members welcome
Who: Getting Together - contact 01923 216967.
Cost: Pay for what you have.

Tea Parties with Friends – *75+*

When: Monthly on a Sunday 3:00 pm
Where: Held in volunteer's homes around the Watford area.
What: Monthly afternoon tea parties for small groups hosted by volunteers. Free transport available.
Who: Contact the Elderly – contact 0800 716 543
Cost: Free

Volunteers Needed!

Could you spare a few hours a week to help support older people in your neighbourhood to attend a local group or social event?

In return we can offer you:

- * Flexibility
- * Training & Support
- * Thank you events
- * New friendships
- * The chance to give back to your community

neighbours
together

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**W
3RT** | Watford &
Three Rivers
Trust

**However much
or little time you
have to spare,
we would love to
hear from you!**

Telephone 01923 606447
or email
neighbourstogether@w3rt.org

What's on in WD18

Mondays

Community Coffee Morning – all ages

When: Mondays (except bank holidays) 9:30 am - 11:30 am.

Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.

What: Everyone is welcome to join for a chat, a drink and some homemade cakes.

Who: Vanessa – contact 01923 235488

Cost: Minimum contribution £1.50



Making Changes – all ages

When: Mondays 9:30 am - 12:30 pm (27 April – 8 June)

Where: Watford Women's Centre Plus, 83 Market Street, Watford, WD18 0PT.

What: A five week course designed to help learners who wish to move forward in their lives.

Who: Selina or Dirin – contact 01923 816 229

Cost: £15



Over 50, Fit and Fabulous – over 50

When: Mondays 10:00 am - 11:00 am.
Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.
What: A personal trainer led small class for all fitness levels.
Who: sandral@life1on1.co.uk - 07542 136747
Cost: £24 per month.

**Tai Chi for Better Health – all ages**

When: Mondays 12:00 am – 1:00 pm.
Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.
What: Gentle and slow exercise to help reduce stress, improve focus, strengthen and develop muscle, improve movement, flexibility and balance.
Who: Mr Zhijun Wang – contact 07462 181878
Cost: Weekly pass £7 or £25 for 4 sessions

**Get Moving – 55+**

When: Mondays 11:00am - 12:00am.
Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.
What: Improve health and wellbeing through physical activity.
Who: caroline.roche@watford.gov.uk – 01923 278242
Cost: £3

**Karaoke – all ages**

When: Mondays 12:00 pm - 3:00 pm.
Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.
What: Come along and sing your heart out with our fun and friendly group.
Who: John - contact 07474 107314
Cost: Free

**Sewing Course – all ages**

When: Mondays 12:45 pm - 2:40 pm (27 April – 8 June)
Where: Watford Women's Centre Plus, 83 Market Street, Watford, WD18 0PT.
What: A five week sewing course.
Who: Selina or Dirin – contact 01923 816 229
Cost: £30

**Crochet, Knit and Natter – all ages**

When: Second and fourth Monday of each Month 2:00 pm – 4:00 pm
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.
What: Christine the group leader will be on hand to support you and help you improve your skills for your own project. Cost includes light refreshments
Who: Vanessa – contact 01923 235488
Cost: £3.50 per session

**Yoga with Helen – all ages**

When: Mondays 6:00 pm – 7:15 pm
Where: The Studio, Fullerlife fitness, Watford Grammar School for Girls, Lady's Close, WD18 0AE
What: All ability yoga class
Who: Helen – contact 07984 429255
Cost: £11 drop in fee. Advance booking available at a reduced cost.



French Conversation – *all ages*

When: Alternate Mondays 7:00 pm - 8:00 pm.
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.

What: Discussion group for people who already have a good understanding of French and wish to practice their speaking skills.

Who: Vanessa – contact 01923 235488
Cost: £4 per session payable monthly in advance

**Over 50, Fit and Fabulous – *over 50***

When: Mondays 7:30 pm – 8:15 pm.
Where: Fullerlife Health & Fitness Centre, Watford Grammar School for Girls, Ladys Close, Watford, WD18 0AE.

What: A personal trainer led small class for all fitness levels.
Who: sandral@life1on1.co.uk - 07542 136747
Cost: £24 per month.

**Watford Heart Support Group – *over 60***

When: Second Monday of every Month 6:30 pm - 8:30 pm.

Where: Medical Education Centre, 1st Floor, Watford General Hospital, WD18 0HB.

What: Welcoming anyone who has experienced heart problems along with partners and carers, with helpful talks by hospital staff and guest speakers.

Who: David Muir – contact 01923 773094.
Cost: £5.00 (annual membership).

**Tuesdays****Community Café for all – *all ages***

When: Tuesdays 9:15 am – 12:15 am.
Where: Café West, West Watford Free Church (Baptist), Tolpits Lane, Watford WD18 6NU.

What: Award winning community café for everyone. Delicious cakes and drinks served by friendly volunteers. Come on your own and meet new friends.

Who: West Watford Free Church - contact 01923 241150
Cost: Free

**Exercise Class – *over 50***

When: Tuesdays 9:30 am – 10:30 am.
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.

What: Moderately energetic keep fit class to music. Must be pre booked.

Who: Vanessa – contact 01923 235488
Cost: £25.00 for a five week course.

**Digital Inclusion for *Older People***

When: Tuesdays 11:00 am - 12:00 pm.
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.

What: Come along and get advice on how to use your latest device such as Smart Phone, Laptop, iPad etc.

Who: Vanessa – contact 01923 235488 to book a place.
Cost: Free but donation for running costs welcome.



Meet and Greet – over 50

When: Tuesdays 11:00 am – 2:00 pm
Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.

What: A social club that develops and delivers a range of actions that promote wellbeing and independence.

Who: Subhash Arora - 01923 251132

Cost: £2.50 per session.

**Tuesday Lunchtime Concerts - all ages**

When: Tuesdays 1:00 pm – 2:00 pm.

Where: St Mary's Church, Church Street, Watford, WD18 0EG.

What: A range of talent playing anything from classical to jazz

Who: St Mary's Church – contact 01923 225189.

Cost: Donations welcome.

**Pilates - all ages**

When: Tuesdays 8:00 pm – 9:00 pm.

Where: Fuller Life Fitness Centre, Vicarage Road, Watford, WD18 0AE.

What: Friendly and enjoyable pilates class to help you improve your coordination, balance and flexibility.

Who: Ella - contact 07871861286

Cost: £7 per session – pay as you go.

**Watford & Bushey Art Society Talk – all ages**

When: First Tuesday of every Month 7:30 pm.

Where: Watford Girls Grammar School, Ladys Close, Watford, WD18 0AE.

What: Demonstrations and talks from top professional artists in many different subjects and mediums.

Who: Gordon Sharp – email gordonsharp46@gmail.com
 www.wbas.org

Cost: Free for members, £5 for visitors payable at the door.



Wednesdays

TCV Cassiobury Park Green Gym - all ages

When: Wednesdays 10:00 am – 1:00 pm.

Where: Cassiobury Park, Watford, WD18 7LN (Meet at the Cassiobury Community Project site located behind the bowls club).

What: Year round guided activities include tree planting, wildflower sowing and food growing. Open to all.

Who: 07541 659146 or email cassioburygg@gmail.com

Cost: Free.

**Active Herts: Introduction to Activity – all ages**

When: Wednesdays 11:00am - 12:00am.

Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.

What: Improve health and wellbeing through physical activity.

Who: caroline.roche@watford.gov.uk – 01923 278242

Cost: Please enquire for pricing.



Hertfordshire Health Walks - *all ages*

When: Wednesdays 11:00 am
Where: The Cha Café, Cassiobury Park, WD18 7HY.
What: Group Walk (First Steps 20 -30 mins)
 No need to book, just turn up.
Who: Sian Price – contact 01992 588433.
Cost: Free.



Pilates for Women Only– *all ages*

When: Wednesdays 12:45 pm – 1:45 pm
 (term time only)
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.
What: Low impact classes which aims to strengthen the body. Exercises can be adapted for any specific needs/limitations.
Who: Vanessa – contact 01923 235488
Cost: Payable per half term in advance. 5 week £30, 6 week £36 or 7 week £42



Short Mat Bowls Club - *all ages*

When: Wednesdays 1:20 pm - 3:20 pm.
Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.
What: Join our fun bowls group. Equipment and coaching for beginners provided.
Who: David Allen - 01923 224108.
Cost: £3.50 per session.



Holywell

Short Mat Bowls

Holywell
Community Centre
Chaffinch Lane WD18 9QD

A great way to
stay fit and active!

Every Wednesday

1.20pm – 3.20pm

- All levels welcome – Beginners to Experts
- All equipment will be supplied by the club

For more information call

01923 224108

or just

Turn Up!

£3 per session



The Guitar Project – *all ages*

When: Wednesdays 7:30 pm - 9:00 pm.
Where: The Clarendon Muse, Watford Grammar School for Boys, Rickmansworth Road, Watford, WD18 7JF.
What: A guitar ensemble using all types of guitars and playing all types of music from rock to classical.
Who: Tom Parsons – contact 01442 385776
Cost: £67.00 per term

Walking Football – *40+*

When: Wednesdays 6:00 pm – 7:00 pm. (Drop in)
Where: Watford Grammar School for Girls, Lady's Close, Watford, WD18 0AE.
What: A slower version of the beautiful game.
Who: www.watfordgetactive.co.uk
Cost: £3.50

Thursdays

Getting Together Clubs – *over 55*

When: Thursdays - 10:00 am - 2:00 pm.
Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.
What: Activities, exercise, socialising and entertainment.
Who: Getting Together - contact 01923 216967.
Cost: £1.00

Extra Time – *over 55*

When: Thursdays 10:00 am - 12:00 pm.
Where: The Sky Lounge (next to the Hornet Shop), Vicarage Road Stadium, Watford, WD18 0ER.
What: Activity sessions for people 55+. Indoor bowls, dance and exercise, plus board games and quizzes.
Who: Watford FC Community Sports and Education Trust - contact 01923 496385.
Cost: £4.00 including refreshments.

Easy Adventure Nordic Walks – *all ages*

When: Thursdays 10:00 am – 10:45 am.
Where: Cassiobury Park, Main Car Park, 2 Gade Avenue, Watford, WD18 7LG
What: Led by an accredited instructor, these walks are a relaxing way to enjoy the outdoors and help with flexibility, balance and strength.
Who: Three Rivers Leisure - contact 01924 776611
Cost: £5.00 + £2.00 pole hire. Booking required.

Getting Together Clubs – *over 55*

When: Thursdays 11:00 am - 3:00 pm.
Where: Halsey Masonic Hall, Rickmansworth Road, Watford, WD18 0JE.
What: Activities, exercise, socialising and entertainment.
Who: Getting Together - contact 01923 216967.
Cost: £1.00 + addition cost for hot lunch.

The Dining Club from Getting Together – *over 55*



When: Thursdays 1:00 pm - 2:00 pm.
Where: Halsey Masonic Hall, Rickmansworth Road, Watford, WD18 0JE.
What: Fresh, healthy, home-cooked food.
Who: Getting Together - contact 01923 216967.
Cost: Mains £3, Pudding £2 – booking required!

Upcycling Workshop– *all ages*



When: Last Thursday of Every Month 10:00 am – 12:30 pm
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.
What: Come and learn different techniques to transform unwanted items into something you love.
Who: Vanessa – contact 01923 235488
Cost: £5 including materials.

Active Watford & Three Rivers – Introduction to Activity – *all ages*



When: Thursday 1:00 pm – 2:00 pm.
Where: Westfield Community Sports Centre, Tolpits Lane, Watford, WD18 6NS
What: Improve health and wellbeing through physical activity.
Who: Alison.goodchild@watfordfc.com - 07710 096398.
Cost: First session free, then £3 per session.



**COMMUNITY SPORTS
& EDUCATION
TRUST**

The Over 55's Club

Every week the Trust invites the over 55's to join a Club which makes sure for a casual atmosphere and encourages members to socialize and enjoy the sessions put on by the friendly staff.

The aim of the Extra Time project is to engage the older community in activities to improve their physical, mental and social wellbeing by taking part in regular activities.

For more information, please call 01923 894862

Evening Crochet, Knit & Natter– *all ages*



When: Third Thursday of every Month
 7:00 pm - 8:00 pm.
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.
What: Christine the group leader will be on hand to support you and help you improve your skills for your own project. Cost includes light refreshments. Please reserve your place.
Who: Vanessa – contact 01923 235488
Cost: £3.50 per session

One Voice Community Choir - *all ages*

When: Thursdays 7:30 pm (term time only)
Where: The Clarendon Muse, Watford Boys Grammar School, Watford, WD18 7JA.

What: Want to sing and have fun? No Auditions, no need to read music. New members are always welcome.

Who: One Voice Watford - contact 01923 248494.

Cost: £4 per session with free taster session.



Fridays

Over 50, Fit and Fabulous – *over 50*

When: Fridays 9:30 am - 10:30 am.
Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.

What: A personal trainer led, small class for all fitness levels.

Who: sandral@life1on1.co.uk - 07542 136747

Cost: £24 per month

**Art Group – *all ages***

When: Fridays 10:00 am – 12:00 pm
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.

What: Come and develop your artistic ability with friendly advice from self-taught local artist. Please call ahead.

Who: Vanessa – contact 01923 235488

Cost: £3.50 per session.

**Inspire Lunch – *over 60***

When: Alternate Fridays 11:00 am – 2:00 pm.
Where: Cornerstone Church, 119a Vicarage Road, Watford, WD18 0EY.

What: Lunch club for the over 60s. A superbly cooked meal in a relaxed friendly atmosphere. All welcome.

Who: cornerstonechurchwatford@gmail.com

Cost: Free

**Afternoon Tea with Friends – *18+***

When: First Friday of every Month 2:00 pm – 4:00 pm.

Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.

What: Different activities each time- with hot drinks, sandwiches and cakes available to purchase.

Who: Sue Ettridge – contact 01923 213064

Cost: £2 per session.

**Tai Chi for Better Health – *all ages***

When: Fridays 2:30 am – 3:30 pm.

Where: Multi Cultural Community Centre, 70 Durban Road West, Watford, WD18 7DS

What: Gentle and slow exercise to help reduce stress, improve focus, strengthen and develop muscle, improve movement, flexibility and balance.

Who: Mr Zhijun Wang – contact 07462 181878

Cost: Weekly pass £7 or £25 for 4 sessions



Guitar Club for Adults – *all ages*

When: Alternate Fridays 7:00 pm – 8:30 pm
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.
What: Friendly and creative group. Some knowledge and own guitar needed.
Who: Vanessa – contact 01923 235488
Cost: £3.50 including materials.

**Watford Area Memories Group – *over 50***

When: Second to last Friday of every Month 2:00 pm - 4:00 pm.
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.
What: Friendly reminiscence group for older Watford residents.
Who: Vanessa – contact 01923 235488
Cost: £2 contribution – booking essential.



Saturdays

Cassiobury Parkrun - *all ages*

When: Saturdays 9:00 am
Where: Cassiobury Park, Watford, WD18 7LB
What: Run, walk or volunteer at a weekly 5km event
Who: cassioburyhelpers@parkrun.com
Cost: Free

**Morning Coffee at St Mary's Church - *all ages***

When: Saturdays 10:00 am – 12:00 pm.
Where: St Mary's Church, Church Street, Watford, WD18 0EG.
What: Coffee morning – open to all.
Who: St Mary's Church – contact 01923 225189.
Cost: Donations welcome.

**Coffee and Chat – *all ages***

When: Monthly on a Saturday 10:00 am – 11:00 am
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.
What: For relatives who care for their parents or other family members who suffer from dementia.
Who: Vanessa – contact 01923 235488
Cost: £1.50 towards running costs

**Refugee Women's Group - *all ages***

When: Second Saturday of every Month 10:00 am - 12:00 pm.
Where: St Mary's Church, Church Street, Watford, WD18 0EG.
What: A chance to meet other women and learn new crafts.
Who: Watford & Three Rivers Refugee Partnership – contact 0208 386 3715
Cost: Free



Sundays

Sunday Walk & Talk - *all ages*

When: Second and fourth Sunday of every Month -
1:00 pm - 3:00 pm.

Where: Meet at Café Cha, Cassiobury Park, Watford, WD18 7HY.

What: A chance for people to meet others in the community in a different way during a walk in nature.

Who: Chris Ogle – contact 07834 754000 or Supi Babu – 07588 520282.

Cost: Free



Tea Parties with Friends – *75+*

When: Monthly on a Sunday 3:00 pm

Where: Held in volunteer's homes around the Watford area.

What: Monthly afternoon tea parties for small groups hosted by volunteers. Free transport available.

Who: Contact the Elderly – contact 0800 716543

Cost: Free



Getting Together
invite you to join them for

Sunday Lunch

Come along for great food and great company
on the 1st Sunday of every month.

Call 01923 216967 for venue information
and to reserve a place!

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getting together neighbours together COMMUNITY FUND Hertfordshire

What's on in WD19

Mondays

Men in Sheds – over 50

When: Monday and Thursdays - 10:00 am - 12:00 pm.
Where: Clitheroe Health and Wellbeing Centre, Clitheroe Gardens, South Oxhey, Watford, WD19 6RP.
What: A friendly place where men over 50 can learn new hobbies, pass on skills they've acquired and socialise.
Who: 01923 256360 / 0208 428 5507.
Cost: £2



Herts Health Walks – South Oxhey - all ages

When: Mondays 10:00 am – First Steps and grade 1 (20-30 minutes). No walk Easter Monday.
Where: All Saints Church, Gosforth Lane, WD19 7AX.
What: Health-focused walks getting people more active.
Who: Sian Price – contact 01992 588433.
Cost: Free.



Friendship Club – over 55

When: Mondays - Friday 10:00 am - 2:00 pm.
Where: Clitheroe Health and Wellbeing Centre, Clitheroe Gardens, South Oxhey, Watford, WD19 6RP.
What: For older people to socialise, enjoy a hot lunch and take part in a variety of activities.
Who: Hertfordshire Age UK - contact 0208 428 5507
Cost: £20 incl transport & lunch. £12.50 without transport.



Knitting and Crochet Club – all ages

When: Mondays 2:00 pm – 4:00 pm
Where: 17 The Parade, Delta Gain, Carpenders Park, WD19 5BL
What: Bring your latest project along and join the group for knitting, crochet, coffee and chats
Who: Evelyn - contact 07576 746566
Cost: Free



Guideposts Carers Group – all ages

When: Second Monday of every Month 1:30 pm - 3:00 pm.
Where: Clitheroe Health and Wellbeing Centre, Clitheroe Gardens, South Oxhey, Watford, WD19 6RP.
What: A group for carers of adults with a mental health condition or autism. Meetings include speakers, sharing of information and knowledge, mutual support as well as lighthearted fun activities.
Who: Lin Fellows – contact 01923 223554 / 07845 608545
Cost: Free



Carpenders Park Ladies Club – all ages

When: First Monday of every Month (excl Bank Holidays) 8:00 pm – 10:00 pm
Where: Carpenders Park Community Hall, Station Footpath, Gibbs Crouch, WD19 5EG.
What: Social club for all ages. Come along for tea, coffee and chat, monthly speakers and theatre visits.
Who: Angela Tongue – contact 020 8428 4552
Cost: £15 annual subscription



Tuesdays

Swimming for the *over 60*

When: Tuesdays 9:00 am - 10:00 am.
Where: Sir James Altham Swimming Pool, Little Oxhey Lane, Watford, WD19 6FW.
What: Three Rivers residents ages 60+ can swim for free. Advance registration required.
Who: Sir James Altham pool – contact 020 8421 0211
Cost: Free (at specified time).



Coffee and Crafts – *18+*

When: Tuesdays 9:30 am – 12:00 pm.
Where: St Martins Church, Muirfield Road, South Oxhey, WD19 6JD.
What: Drop in with your current project or any other craft and enjoy coffee / tea and a chat with fellow crafters.
Who: Community Learning Partnership – 020 8421 5544.
Cost: £2.50 including refreshments.



Friendship Club – *over 60*

When: Mondays - Fridays 10:00 am - 2:00 pm.
Where: Clitheroe Health and Wellbeing Centre, Clitheroe Gardens, South Oxhey, Watford, WD19 6RP.
What: A Friendship Club for older people to socialise, enjoy a hot lunch and take part in a variety of activities.
Who: Hertfordshire Age UK - contact 0208 428 5507.
Cost: £20 including transport and lunch. £12.50 without transport.



Ladies Chair & Hatha Yoga – *all ages*

When: Tuesdays 10:30 am – 11:30 am (except the First Tuesday of the Month)
Where: Carpenders Park Community Hall, Station Path, Gibbs Couch, WD19 5EZ.
What: Stretch, tone and strengthen the muscles. Improved flexibility and balancing. Relieve pain and aches. Breathing, meditation & relaxation techniques.
Who: Lata – contact 07570 118229
Cost: £5 per session.



Seated Exercise – *over 50*

When: Tuesdays 10:30 am – 11:30 am.
Where: Clitheroe Health and Wellbeing Centre, Clitheroe Gardens, South Oxhey, Watford, WD19 6RP.
What: Gentle exercise for the over 50s.
Who: Age UK – contact 01923 256360 / 0208 428 5507.
Cost: £2



Swimming after a Stroke – *all ages*

When: Tuesdays 11:00 am – 12:00 pm (6 week course from 18 February).
Where: Sir James Altham Pool, Little Oxhey Lane, Watford, WD19 6FW.
What: Water therapy exercises and swimming practice with fellow stroke survivors with a fully qualified instructor in a relaxed atmosphere.
Who: Three Rivers Leisure – contact 01923 776611 or book online at: <https://threerivers.bookinglive.com/>
Cost: £18 for 6 sessions.



Felting & Stitching Group – 18+

When: Tuesdays 1:00 pm - 3:00 pm.
Where: St Martins Church, Muirfield Road, South Oxhey, WD19 6JD.

What: Drop in with your current project or any other craft you can do in a group. Courses are also available.

Who: Community Learning Partnership – 020 8421 5544.
Cost: £3.00 including refreshments.

**South Oxhey Community Choir – all ages**

When: Tuesdays 7:00 pm – 8:30 pm (term time only)
Where: Oxhey Wood Primary School, Watford, WD19 7RU.
What: A fully inclusive choir that welcomes anyone with a connection to the community of South Oxhey. Singing a wide variety of music from popular classics to classical pop.

Who: email: southoxheychoirs@gmail.com
Cost: Free two-week trial, then a small membership fee.

**Wednesdays****Healthy Lifestyles for Men – all ages**

When: Wednesday 23 February – 1 April
 9:30 am – 1:30 pm

Where: 39 Oxhey Drive, South Oxhey, WD19 7SD

What: A six week course looking at how to improve lifestyle through exercise, eating habits and general lifestyle changes. For all ages but particularly suitable for over 50s.

Who: Ascend – contact Jane 020 8420 1364
Cost: £15 for the 6 weeks.

**Friendship Club – over 60**

When: Monday - Friday 10:00 am - 2:00 pm.

Where: Clitheroe Health and Wellbeing Centre, Clitheroe Gardens, South Oxhey, Watford, WD19 6RP.

What: A Friendship club for older people to socialise, enjoy a hot lunch and take part in a variety of activities.

Who: Hertfordshire Age UK – contact 0208 428 5507
Cost: £20 including transport and lunch. £12.50 lunch only.

**Gardening & Craft Group – over 60**

When: Monday - Friday 10:00 am - 2:00 pm.

Where: Clitheroe Health and Wellbeing Centre, Clitheroe Gardens, South Oxhey, Watford, WD19 6RP.

What: Wednesday morning gardening and craft group

Who: Hertfordshire Age UK – contact 0208 428 5507
Cost: £2



Getting Together Clubs – over 55

When: Wednesday 10:30 am - 12:30 pm.
Where: Eastbury Court, Longcroft, Watford, WD19 4JX.
What: Activities, exercise, socialising and entertainment.
Who: Getting Together - contact 01923 216967.
Cost: £1.00

**Tai Chi - all ages**

When: Wednesdays 11:00 am - 12:00 pm.
Where: Carpenders Park and South Oxhey Methodist Church, Prestwick Road, South Oxhey, WD19 6LA
What: Tai Chi Class from a seated or standing position. No need to book, just turn up!
Who: Three Rivers Leisure – contact 01923 776611
Cost: £3

**Oxhey Hall Ladies Club – over 60**

When: Second Wednesday of every Month 2:30 pm - 4:30 pm.
Where: Watford Rural Parish Hall, Oxhey Drive, South Oxhey, WD19 7SB.
What: A club for ladies to promote friendship and share interests. Includes chat, games, speakers and refreshments. Smaller groups meet during the month for scrabble, arts & crafts, social interests and lunch.
Who: Rosemary - contact 01923 232110 or Jean – contact 01923 226824.
Cost: Monthly meeting £1. Annual Membership £10.

**Crochet & Knitting Group – 18+**

When: Wednesdays 7:00 pm – 9:30 pm.
Where: St Martins Church, Muirfield Road, South Oxhey, WD19 6JD.
What: Bring along your crochet project and join other like minded crocheters and share ideas
Who: Community Learning Partnership – 020 8421 5544.
Cost: £2.50 including refreshments.

**Learn to Dance Salsa – all ages**

When: Wednesdays 7:15 pm - 8:15 pm beginners, 8:30 pm – 9:30 pm intermediate.
Where: Oxhey Community Hall, King Edward Road, Watford, WD19 4DA
What: A six week Salsa Dance course to learn the basics.
Who: Richard Salsaduende – contact 07956 207458.
Cost: £65 for 6 weeks course or £85 for both



Thursdays

Swimming for the over 60s

When: Thursdays 8:00 am – 9:00 am.
Where: Sir James Altham Swimming Pool, Little Oxhey Lane, Watford, WD19 6FW.
What: Three Rivers residents ages 60+ can swim for free. Advance registration required.
Who: Sir James Altham pool – contact 020 8421 0211
Cost: Free (at specified time)



Sewing Café Group – 18+

When: Thursdays 10:00 am – 12:30 pm or
7:00 pm – 9:30 pm (fortnightly, term time only).
Where: St Martins Church, Muirfield Road, South Oxhey,
WD19 6JD.
What: Bring along your latest sewing project. Price includes
use of our machines, equipment and refreshments.
Who: Community Learning Partnership – 020 8421 5544
Cost: £6.00 (Booking essential – courses also available)

**Friendship Club – over 60**

When: Mondays - Fridays 10:00 am - 2:00 pm.
Where: Clitheroe Health and Wellbeing Centre, Clitheroe
Gardens, South Oxhey, Watford, WD19 6RP.
What: A Friendship club for older people to socialise, enjoy a
hot lunch and take part in a variety of activities.
Who: Hertfordshire Age UK - contact 0208 428 5507.
Cost: £20 including transport and lunch. £12.50 without
transport.

**Men in Sheds – over 50**

When: Mondays and Thursdays - 10:00 am –
12:00 pm.
Where: Clitheroe Health and Wellbeing Centre, Clitheroe
Gardens, South Oxhey, Watford, WD19 6RP.
What: A friendly place where men over 50 can learn new
hobbies, pass on skills they've acquired and socialise.
Who: 01923 256360 / 0208 428 5507.
Cost: £2

**Dig Deep - all ages**

When: Thursdays 10:00 am – 3:00 pm.
Where: Ascend Dig Deep Gardening Project, Kilmarnock
Road, South Oxhey, WD19 6LH
What: This ongoing course is about keeping our Dig Deep
allotment tidy and learning new planting and gardening
skills.
Who: Ascend – contact 020 8420 1364
Cost: £15

**Knit and Natter - all ages**

When: Thursdays 11:00 am – 12:00 pm
Where: South Oxhey Library, Bridlington Road, South
Oxhey, WD19 7AG
What: From beginners to experienced knitters, come and join
the fun.
Who: Contact - 0300 123 4049
Cost: Free

**Beginners Bridge – all ages**

When: Thursdays 2:00 pm - 4:30 pm.
Where: Bushey Sports Club, Aldenham Road, WD23
2TR.
What: Beginners lessons.
Who: Watford & Bushey Bridge Club – 0333 403 960
Cost: £100 per term. First lesson free



Afternoon Tea - *all ages*

When: First Thursday of every month 3:00 pm
Where: St Matthew's Church Hall, Eastbury Road, Oxhey, Watford WD19 4ST.
What: Tea and cakes at the church - everyone welcome.
Who: newsletter@stmatthews.org.uk - contact 01923 635625.
Cost: Free – donations welcome

**Book Swap & Craft Club Meeting - *all ages***

When: Third Thursday of every Month 2:00 pm – 4:00 pm.
Where: St Matthew's Church Hall, Eastbury Road, Oxhey, Watford WD19 4ST.
What: Bring books to swap, knitting or crafts to do and join the get together with tea/coffee and homemade cakes.
Who: bookswap@stmathewsoxhey.org.uk - contact 01923 635625.
Cost: Free – donations welcome

**The Welcome Cup Cafe – *all ages***

When: Second Thursday of every Month 10:00 am – 12:00 pm.
Where: Carpenders Park Community Hall, Station Footpath, Gibbs Crouch, WD19 5EG.
What: Community Cafe – all welcome.
Who: Kath Taylor – contact 020 8428 2304
Cost: Pay for what you eat & drink.

**Book Club – *18+***

When: Second or Third Thursday of every month (Term time only) 7:00 pm – 9:30 pm.
Where: St Martins Church, Muirfield Road, South Oxhey, WD19 6JD.
What: Meet to chat about the latest read. Please call for the date and details of the next read.
Who: Community Learning Partnership – 020 9421 5544
Cost: £2.50



Fridays

Friendship Club – *over 60*

When: Mondays - Fridays 10:00 am - 2:00 pm.
Where: Clitheroe Health and Wellbeing Centre, Clitheroe Gardens, South Oxhey, Watford, WD19 6RP.
What: A Friendship club for older people to socialise, enjoy a hot lunch and take part in a variety of activities.
Who: Hertfordshire Age UK - contact 0208 428 5507.
Cost: £20 including transport and lunch. £12.50 without transport.

**Coffee Morning - *all ages***

When: Fridays 10:00 am - 12:00 pm.
Where: Clitheroe Health and Wellbeing Centre, Clitheroe Gardens, South Oxhey, Watford, WD19 6RP.
What: Come and socialise at our regular coffee morning.
Who: Hertfordshire Age UK - contact 0208 428 5507.
Cost: £2



Mixed Media – Under the Sea – *all ages*

When: Fridays 10:00 am – 3:00 pm (7 February – 6 March)

Where: Ascend, All Saints Church, Gosforth Lane, WD19 7AX

What: A four-week mixed media craft course using both hand and simple machine stitching.

Who: Ascend – contact Jane 020 8420 1364

Cost: £15 for the 4 weeks

**Art Journaling Group – *18+***

When: Days vary, 12:00 pm – 3:00 pm (fortnightly, term time only). Contact for details on dates.

Where: St Martins Church, Muirfield Road, South Oxhey, WD19 6JD.

What: Come and join others and create some pages in your journal using a variety of mixed media techniques.

Who: Community Learning Partnership – 020 8421 5544

Cost: £6.00 which includes use of material & refreshments.



Saturdays

South Oxhey Parkrun – *all ages*

When: Saturdays 9:00 am

Where: South Oxhey Playing Fields, Green Lane, South Oxhey, WD19 4LT

What: Run, walk or volunteer at a weekly 5km event

Who: rickmansworthhelpers@parkrun.com

Cost: Free

**Evening out in the afternoon - *all ages***

When: Saturdays 2:45 pm - 4:45 pm.

Where: The Saturday 'C' Club, The Clitheroe Centre, Clitheroe Gardens, Watford, WD19 6RP.

What: Different live entertainers every week, music based quizzes, games, singalongs and raffle. (See advert on page 2).

Who: Friends of Care Homes - Contact 01923 289890

Cost: £8.00 on the door, plus minibus transport available.

**Step In Cafe – *50+***

When: Usually the second Saturday of every Month (please check before attending) 2:00 pm – 4:00 pm.

Where: 39 Oxhey Drive, South Oxhey, WD19 7SD

What: Afternoon tea and a chance to socialise - outings etc

Who: Ascend – contact Jane 020 8420 1364

Cost: Free

**Modern Calligraphy for Beginners – *18+***

When: Saturday 14 March 10:00 am – 12:30 pm

Where: St Martins Church, Muirfield Road, South Oxhey, WD19 6JD.

What: Beginner's workshops will guide you through making your first stroke to writing beautiful quotes that will be lovely enough to hang on your wall at home

Who: Community Learning Partnership – 020 9421 5544

Cost: £50 cost includes all materials and is yours to take home (nib, nib holder, ink and guide sheet), as well as light refreshments.



Brush Lettering – 18+

When: Saturday 14 March 1:30 pm – 4:00 pm
Where: St Martins Church, Muirfield Road, South Oxhey, WD19 6JD.

What: This workshop will guide you to hold your brush, making your first stroke through to writing beautiful tags and cards that you can really personalise for special friends and relations.

Who: Community Learning Partnership – 020 9421 5544
Cost: £50 cost includes all materials and is yours to take home (nib, nib holder, ink and guide sheet), as well as light refreshments.



Sundays

1940s Experience Public Opening - all ages

When: Last Sunday of the Month 10:30 am - 4:00 pm.
Where: The Lincolnsfields Centre, Bushey, WD23 2ES.
What: A fun, educational experience, using original RAF buildings of Bushey Hall.
Who: info@lincolnsfield.co.uk – contact 01923 233841.
Cost: £5.00, Seniors £3



What's on in WD24

Mondays

DRUM day activities, social clubs and support groups - 18+

When: Mondays 9:00 am - 3:00 pm.
Where: Parkgate Community Centre, Southwold Road, Watford, WD24 7DN.
What: For adults with physical and/or sensory disabilities. Daily activities in art, creative crafts, textiles, ceramics yoga, tai chi, sport, dance, singing, woodwork, music and gardening.
Who: Disability Recreation Unity Movement (DRUM) – contact 01923 442114
Cost: Mornings, £4.50 Afternoons £4.00 refreshments included. Lunch £3.50.

TCV Watford Green Gym – all ages

When: Tuesdays 10:00 am - 1:00 pm.
Where: Colne River Park (Opposite Knutsford playing fields), Radlett Road, Watford, WD24.
What: Year round guided activities to transform meadows and woodland along the Colne River. Open to all.
Who: 07935 989890 or email: watfordgg@gmail.com
Cost: Free.



Chair Supported Yoga with Helen – *all ages*

When: Mondays 11:00 am – 12:00 pm (term time only)

Where: St Mark's Church, Leggatts Way, Watford, WD24 5NQ.

What: Yoga utilising a chair to sit on for support & steadiness.

Who: Helen – contact 07984 429255

Cost: £6 drop in weekly fee

**Herts Health Walks - *all ages***

When: Mondays 11:00 am, no walk on Easter Monday

Where: The Callowland Sugery, 141A Leavesden Road, Watford, WD24 5DG.

What: Health-focused walks getting people more active. First Steps and Grade 1 (20-30 minutes)

Who: Sian Price – contact 01992 588433.

Cost: Free.

**Yang Style Tai Chi – *older people***

When: Mondays 7:00 pm – 8:00 pm.

Where: Parkgate Community Centre, Southwold Road, Watford, WD24 7DN.

What: Trodai Martial Arts Academy present Tai chi classes suitable for older people and people with disabilities.

Who: Sensei Francis Nwofor – contact 07404 165533

Cost: £10

**The Highwood Women's Club – *all ages***

When: Mondays 7:30 pm - 9:30 pm (term time only)

Where: Highwood Primary School, Mead Way, WD23 2DP.

What: Speakers, quizzes, raffles, tea and chat with occasional outings in summer.

Who: Jane Cook - 01923 221374

Cost: £2 weekly, + £13.50 to the National Association of Women's Clubs spread over three terms.

**Watford Folk Dance Group – *all ages***

When: Mondays 8:00 pm - 10:00 pm (except bank holidays).

Where: Christ Church Hall, St Albans Road, North Watford, WD24 5BD.

What: Traditional English folk and country dancing.

Newcomers welcome – no need to bring a partner.

Who: Fran Beak - contact 01923 672341.

Cost: £3 per evening - includes tea and biscuits.



Tuesdays

DRUM day activities, social clubs and support groups - *18+*

When: Tuesdays 9:00 am - 3:00 pm.

Where: Parkgate Community Centre, Southwold Road, Watford, WD24 7DN.

What: For adults with physical and/or sensory disabilities. Daily activities – see more details in Monday's entry.

Who: Disability Recreation Unity Movement (DRUM) – contact 01923 442114

Cost: Mornings, £4.50 Afternoons £4.00 refreshments included. Lunch £3.50.

**Seated exercise – *50+***

When: Tuesdays 10:30 am - 11:30 am

Where: Watford Rugby Club, Radlett Road, Watford, WD24 4LL

What: Gentle seated exercises to help improve mobility

Who: Beth Landen - contact 07956 516545

Cost: £2.00 per session.



Caring Sharing Friends – over 55

When: Tuesdays 11:00 am - 3:00 pm.
Where: Elim Church Hall, 167A St Albans Road, Watford, WD24 5BD.

What: Lunch & social club which includes singalongs, talks, crafts and friendships. Everyone welcome.

Who: Phyllis - contact 01923 247958 / 07949 957296.
Cost: £6.00 for lunch.

**Exercise classes for people with MS – all ages**

When: Tuesdays 12:00 pm - 1:00 pm.
Where: Woodside Leisure Centre, Horseshoe Lane, Watford, Hertfordshire, WD25 7HH.

What: Exercise classes for people living with MS.
Who: Woodside Leisure Centre - contact 01923 892710.
Cost: £2.10 per session.

**Tai Chi for Arthritis – all ages**

When: Tuesdays 2:00 pm – 3:00 pm.
Where: Christ Church, St Albans Road, Watford, WD24 5BD.

What: A relaxed exercise class based on Tai Chi, to improve flexibility and balance and strengthen muscles.

Who: Marian – contact 07785 768490
Cost: Please enquire for pricing.

**Gospel Arts Manna Choir - all ages**

When: Tuesdays 7:30 pm - 9:00 pm.
Where: Gospel Arts Manna, Community Hall, ASDA Superstore, St. Albans Road, Watford, WD24 7RT.
What: A busy community choir for all ages and abilities.
Who: info@gospelmanna.com / 07775 559554
Cost: Free.

**North Watford Community Choir – all ages**

When: Tuesdays 7:30 pm – 9:00 pm.
Where: Salvation Army Hall, 376a St Albans Road, Watford, WD24 6PJ.

What: A warm and welcoming community choir. Uplifting and easy songs are taught by ear - no auditions.

Who: Judith Silver – email info@judithsilver.com
Cost: Please enquire for pricing.

**Watford Rock Choir - 18+**

When: Tuesdays (term time only) 8:00 pm – 9:30 pm.
Where: Cherry Tree Primary School, Berry Avenue, Watford, WD24 6ST.

What: Contemporary choir, singing pop, rock and chart music with no auditions and no need to read music.

Who: office@rockchoir.com – contact 01252 917763
Cost: Free taster session then £100 per term.

**Holly Cafe - all ages**

When: Second Tuesday of every Month 10:00 am – 12:00 pm.
Where: Hollytree House, Gammon's Lane, Watford, WD24 5JT

What: Community café open to all. Bacon rolls, cakes and tea & coffee for a reasonable price.

Who: Wendy Turner - contact 07702 020399
Cost: Pay for what you have



Watford Deaf Club – all ages

When: First and third Tuesday of every month
12:00 pm - 4:00 pm.

Where: Harebreaks Community Hub, The Harebreaks,
Watford, WD24 6JN.

What: A social club for deaf people around Watford
to meet and chat, have refreshments and cake.

Who: Hilary Rundell - contact by text on 07979 392296.

Cost: £3.00 per session.



Wednesdays

Lou's Moves – over 50

When: Wednesdays 10:30 am – 12:00 pm

Where: Harebreaks Community Hub, The Harebreaks,
Watford, WD24 6JN.

What: A dance class learning ballroom and sequence moves.
No booking required

Who: Contact 01923 462302 or 07505 993310

Cost: Free

**Stroke Support & Yoga Group - 18+**

When: Wednesdays 1:00 pm - 3:00 pm.

Where: Parkgate Community Centre, Southwold Road,
Watford, WD24 7DN.

What: A friendly and welcoming support and yoga group for
stroke survivors and their carers.

Who: Disability Recreation Unity Movement (DRUM) –
contact 01923 442114

Cost: £4

**Watford African Caribbean Association – 55+**

When: Wednesdays 11:30 am – 2:30 pm.

Where: ASDA Community Room, Odhams Industrial
Estate, St Albans Road, Watford, WD24 7RT.

What: Activities, talks, entertainment plus free refreshments.

Who: Watford African Caribbean Association – contact
07801 947204

Cost: Free

**Tai Chi – over 55**

When: Wednesdays 2:15 pm.

Where: Harebreaks Hub, 81 The Harebreaks, Watford,
WD24 6NJ.

What: Gentle classes which can be practised and adapted for
sitting or standing.

Who: Sue – contact 07758 916692

Cost: £5

**Watford Deaf Club – all ages**

When: First Wednesday of every month 7:30 pm -
10:00 pm.

Where: Harebreaks Community Hub, The Harebreaks,
Watford, WD24 6JN.

What: A social club for deaf people around Watford to meet
and chat and play some games.

Who: Hilary Rundell - contact by text on 07979392296.

Cost: £2.00 per session.



Watford Philatelic Society – all ages

When: First Wednesday of every Month (September to June) 7:30 pm – 9:30 pm.

Where: ASDA Community Room, Odhams Industrial Estate, St Albans Road, Watford, WD24 7RT.

What: Welcoming anybody with an interest in collecting stamps, postcards or postal history.

Who: Brian Thurlow – contact 01923 243243

Cost: Initially free, then £5 annual charge to join plus £1 per meeting.



Thursdays

DRUM day activities, social clubs and support groups - 18+

When: Thursdays 9:00 am - 3:00 pm.

Where: Parkgate Community Centre, Southwold Road, Watford, WD24 7DN.

What: For adults with physical and/or sensory disabilities. Daily activities – see Monday's entry for more detail.

Who: Disability Recreation Unity Movement (DRUM) – contact 01923 442114

Cost: Mornings, £4.50 Afternoons £4.00 refreshments included. Lunch £3.50.

**TCV Watford Green Gym - all ages**

When: Thursdays 10:00 am – 1:00 pm.

Where: Colne River Park (Opposite Knutsford playing fields), Radlett Road, Watford, WD24.

What: Year round guided activities to transform meadows and woodland along the Colne River. Open to all.

Who: 07935 989890 or email watfordgg@gmail.com

Cost: Free.

**Let's Dance – 50+**

When: Thursdays 10:30 am - 11:30 am

Where: Watford Rugby Club, Radlett Road, Watford, WD24 4LL

What: A fun beginners dance class for adults.

Who: Beth Landen - contact 07956 516545

Cost: £3.00 per session.

**DRUM - Singing 18+**

When: Thursdays 1:00 pm - 3:00 pm.

Where: Parkgate Community Centre, Southwold Road, Watford, WD24 7DN.

What: Singing for adults with physical and/ or sensory disabilities.

Who: Disability Recreation Unity Movement (DRUM) – contact 01923 442114

Cost: £4.00



Watford Bereavement Support Group – *all ages*

- When: Last Thursday of every Month 10:30 am – 12:30 pm.
- Where: Asda (Community Room), St Albans Road, Watford, Herts, WD24 7RT.
- What: Are you struggling to cope with the loss of someone you have been caring for? This group run by trained volunteers, offers compassion, friendship and support.
- Who: Carers in Herts – contact 01992 58 69 69
- Cost: Free

Fridays

DRUM day activities, social clubs and support groups - *18+*

- When: Fridays 9:00 am - 3:00 pm.
- Where: Parkgate Community Centre, Southwold Road, Watford, WD24 7DN.
- What: For adults with physical and/or sensory disabilities. Daily activities – see Monday's entry for more details.
- Who: Disability Recreation Unity Movement (DRUM) – contact 01923 442114
- Cost: Mornings, £4.50 Afternoons £4.00 refreshments included. Lunch £3.50.

Getting Together Clubs – *over 55*

- When: Fridays 11:30 am – 1:30 pm.
- Where: Horwood Court, Hillrise Avenue, Watford, WD24 7NG.
- What: Activities, socialising and entertainment.
- Who: Getting Together - contact 01923 216967.
- Cost: £1.00

Social Group for People Living with Parkinson's, their Friends and Carers – *all ages*

- When: Second Friday of every Month - 10:30 am - 12:30 pm.
- Where: Asda Community Centre, St Albans Road, WD24 7RT.
- What: Meet for a coffee and chat. Games and activities. including Nintendo Wii and indoor curling.
- Who: Rose D Souza – contact 01923 211612.
- Cost: Free.

Saturdays

North Watford History Group – *all ages*

- When: Alternate months on a Saturday (next meeting 8 February) 10:30 am.
- Where: Leavesden Road Baptist Church, Leavesden Road, Watford, WD24 5ER.
- What: Run by local residents who share an interest in the history of the local area.
- Who: Diane Lee - contact 07954 698193
diane.lee@live.co.uk
- Cost: £2.00 contribution

Sundays

Tea Parties with Friends – 75+

When: Monthly on a Sunday 3:00 pm
Where: Held in volunteer's homes around the Watford area.
What: Monthly afternoon tea parties for small groups hosted by volunteers. Free transport available.
Who: Contact the Elderly – contact 0800 716543
Cost: Free



Hertswise

Are you living with dementia or worried about memory loss?

Hertswise is a countywide service provided by Age UK, designed for people living with dementia, low level memory loss or mild cognitive impairment, and their friends, family and carers.

All Hertswise queries can be made through our direct point of contact, HertsHelp.

Please call: 0300 123 4044 Monday – Friday 8am – 6pm.

What's on in WD25

Mondays

Lighthouse Cafe - *all ages*

When: Mondays 10:00 am – 12:00 pm (term time only)
Where: Leavesden Green Community Hub, Clarke Green, Watford, WD25 0BW
What: Community Café open to all with free tea, coffee and biscuits.
Who: Leavesden Green Community Hub - contact 01923 679664
Cost: Free



Tai Chi – 16+

When: Monday 12:30 pm – 1:30 pm.
Where: Meriden Community Centre, Garsmouth Way, Watford, Herts, WD25 9ET.
What: Improve health and wellbeing through Tai Chi.
Who: reception@meridenc.com – 01923 894862
Cost: £3.50 per session.



Line Dancing – 16+

When: Monday 2:30 pm – 4:00 pm.
Where: Meriden Community Centre, Garsmouth Way, Watford, Herts, WD25 9ET.
What: Local line dancing group.
Who: reception@meridenc.com – 01923 894862
Cost: £3.50 per session.



Pilates - *all ages*

When: Mondays 6:30 pm - 7:30 pm.
Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.

What: Pilates sessions for all abilities.
Who: sarademarco1968@gmail.com
Cost: £35.00 for 4 sessions or £77.50 for 10

**Get Fit with Yoga - *all ages***

When: Mondays 7:00 pm - 8:00 pm.
Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.

What: Yoga class for all abilities.
Who: Jayne – contact 07739 964113
Cost: £9.00 drop in session or 10 sessions for £45.

**The Guitar Group – *all ages***

When: Mondays 7:00 pm - 8:00 pm.
Where: Music Gym, Meriden Centre, Garsmouth Way, Watford, WD25 9ET.

What: Over 18s guitar group for all ages and abilities
 Bring own your own guitar - all levels catered for.
Who: alan@musicgym.co.uk - contact 01923 523027
Cost: £10 per session when you buy 4 consecutive sessions.

**Tuesdays****Swimming for the *over 60***

When: Tuesdays 8:00 am – 9:00 am.
Where: Watford Leisure Centre, Woodside, Horseshoe Lane, Watford, WD25 7HH.

What: Three Rivers residents ages 60+ can swim for free.
Who: Watford Leisure Centre – contact 01923 892710
Cost: Free (at specified times)

**Exercise Class - *over 50***

When: Tuesdays 10:00 am – 11:00 am.
Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.

What: Exercise to help movement, wellbeing and confidence.
Who: June – contact 01923 220981
Cost: Taster session £3 or £20 per month.

**Exercise Class - *over 50***

When: Tuesdays 10:00 am – 11:00 am.
Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.

What: Exercise to help movement, wellbeing and confidence.
Who: June – contact 01923 220981
Cost: Taster session £3 or £20 per month.



Easy Adventure Nordic Walks – *all ages*

When: Tuesdays 10:00 am - 12:00 pm.
Where: Woodside Park, 24 St Michael's Drive, Watford, WD25 7JN
What: Led by an accredited instructor, these walks are a relaxing way to enjoy the outdoors. They include exercises that help with flexibility, balance and strength
Who: Three Rivers Leisure - contact 01923 776611
Cost: £5 + £2 pole hire. Booking required

**Exercise for people with Parkinson's – *all ages***

When: Tuesdays 10:30 am - 12:00 pm.
Where: Woodside Leisure Centre, Horseshoe Lane, Watford, Hertfordshire, WD25 7HH.
What: Exercise classes for people living with Parkinson's. If you don't use it, you'll lose it!
Who: Mike Peaker - contact 01923 820395.
Cost: £2.20 per session.

**Active Watford & Three Rivers – Introduction to Activity – *all ages***

When: Tuesdays 7:00 pm – 8:00 pm.
Where: Meriden Community Centre, Garsmouth Way, Watford WD25 9ET.
What: Improve health and wellbeing through physical activity.
Who: Alison.goodchild@watfordfc.com - 07710 096398.
Cost: First session free, then £3 per session.

**Italian Class - *all ages***

When: Twice a month on a Tuesday - 6:00 pm – 7:00 pm.
Where: Stanborough Park Church, 609 St Albans Road, Watford, WD25 9JL.
What: Weekly Italian classes.
Who: Annalisa Buraglio - annalisa.buraglio@gmail.com
Cost: £3 per lesson



Wednesdays

Meriden Community Cafe - *all ages*

When: Wednesdays 9:30 am – 12:00 pm.
Where: Meriden Community Centre, Garsmouth Way, Watford, WD25 9ET.
What: Community café with refreshments, friendly chat, and free internet access. Hosted by Meriden Community Centre and Meriden Residents Association. Everyone is welcome!
Who: Meriden Community Centre - 01923 4894862 email: reception@meridencc.com - Meriden Residents Association – 01923 464305 email: brenda.batchelor73@ntlworld.com
Cost: A donation towards refreshments would be welcome.



Senior Keep Fit – *over 55*

When: Wednesday 10:00 am – 11:00 am.
Where: Meriden Community Centre, Garsmouth Way, Watford, Herts, WD25 9ET.
What: Gentle keep fit class.
Who: Meriden Community Centre – contact 01923 894862
Cost: £3.20 per session

**CAMEO – Come and Meet Each Other - *all ages***

When: Second Wednesday of Every Month 2:00 pm – 4:00 pm
Where: All Saints' Church Hall, All Saints Crescent, WD25 0LU
What: A social group for the bereaved or those who feel alone. Includes speakers and entertainment and share friendship together.
Who: Wendy – 01923 676596.
Cost: Free

**Harvest End Women's Club – *over 55***

When: Wednesday 7:30 pm – 9:30 pm.
Where: Meriden Community Centre, Garsmouth Way, Watford, Herts, WD25 9ET.
What: Speakers, quizzes, raffles, tea and chat with occasional outings in Summer
Who: Shirley – contact 01923 674985
Cost: Membership costs apply

**RSPB Watford Local Group Talk**

When: Second Wednesday of every Month 8:00 pm – 10:00 pm
Where: Stanborough Centre, 609 St Albans Road, Garston, Watford, WD25 9JL.
What: Illustrated talks on national and international bird and wildlife topics. Non members welcome.
Who: John Fisher – contact 01582 792843
Cost: £3.50 light refreshment included



Thursdays

Exercise Programme – *all ages*

When: Thursdays 10:45 am – 12:45 pm.
Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.
What: First hour workout at your own pace followed by tea and coffee with friends. Suitable for a wide range of ages and abilities.
Who: Active Together – contact 01707 285880
Cost: Taster session free, £5 per session thereafter.

**Yoga - *all ages***

When: Thursdays 7:00 pm – 8:00 pm.
Where: Meriden Community Centre, Garsmouth Way, Watford, WD25 9ET.
What: Improve health and wellbeing through Yoga
Who: reception@meridencc.com - contact 01923 894862.
Cost: £3 per session



Pilates - *all ages*

When: Thursdays 7:00 pm – 8:00 pm.
Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.
What: Pilates sessions for all abilities.
Who: sarademarco1968@gmail.com
Cost: £35.00 for 4 sessions or £77.50 for 10

**Social Meeting for those affected by MS - *all ages***

When: First Thursday of every month – 2:00 pm – 4:00 pm.
Where: Stanborough Centre, 609 St Albans Road, Garston, Watford, WD25 9JL.
What: Come and meet other people affected by MS for a friendly chat in a relaxed environment
Who: Watford Group - contact 07986 015949
Cost: Free

**Meriden Community Choir - *all ages (15+)***

When: Second and fourth Thursday of every Month 8:00 pm - 9:00 pm.
Where: Meriden Community Centre, Garsmouth Way, Watford, WD25 9ET.
What: A new local community choir. Come along and sing your heart out, no experience needed, just a love of singing.
Who: meridenchoir@gmail.com
Cost: £1 per week

**National Trust Talk**

When: First Thursday of most months 8:00 pm – 10:00 pm.
Where: Stanborough Centre, 609 St Albans Road, Garston, Watford, WD25 9JL.
What: Talks on a wide range of interesting subjects.
Who: Brian Adams - contact 01923 661298.
Cost: Free for members, £4 for non-members.



Fridays

Meriden Residents Association Coffee Morning – *all ages*

When: Fridays 9:30 am – 12:00 pm.
Where: Meriden Community Hub, 149 York Way, Watford, WD25 9UF.
What: Drop in for a natter and enjoy a cuppa and a cake or two in a welcoming, warm and friendly atmosphere.
Who: Meriden Residents Association – 01923 464305
 Email: brenda.batchelor73@ntlworld.com
Cost: A donation towards refreshments would be welcome.

**Exercise Class – *over 50***

When: Fridays 10:00 am – 11:00 am.
Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.
What: Exercise to help movement, wellbeing and confidence.
Who: June – contact 01923 220981
Cost: Taster session £3 or £20 per month.



Popdance Seniors – over 50

When: Fridays 11:00 am – 12:00 pm.
Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.
What: A low impact dance class aimed for those over 50, but who are young at heart!
Who: Active Together – contact 01707 285880
Cost: Taster session free, £5 per session thereafter.

**Getting Together Clubs – over 55**

When: Fridays - 11:00 am - 1:30 pm.
Where: Leavesden Green Community Hub, Clarke Green, Watford, WD25 0BW.
What: Activities, socialising and entertainment.
Who: Getting Together - contact 01923 216967.
Cost: £1.00

**Hertfordshire Health Walks - all ages**

When: Fridays 11:00 am (first steps). No walk Good Friday.
Where: Woodside Leisure Centre, Horseshoe Lane, Watford, WD25 7HH.
What: Health-focused walks getting people more active. No need to book, just turn up.
Who: Sian Price – contact 01992 588433.
Cost: Free.

**Active Watford & Three Rivers – Introduction to Activity Gym - all ages**

When: Fridays 1.00 pm - 2.00 pm or 2:00 pm - 3:00 pm.
Where: Meriden Community Centre, Garsmouth Way, Watford, WD25 9ET.
What: Introduction to physical activity, gym based.
Who: alison.goodchild@watfordfc.com - 07710 096398.
Cost: First session free, then £3 per session.

**Swimming for the over 60**

When: Fridays 3:00 pm – 4:00 pm.
Where: Watford Leisure Centre, Woodside, Horseshoe Lane, Watford, WD25 7HH.
What: Three Rivers residents ages 60+ can swim for free. Advanced registration required
Who: Watford Leisure Centre – contact 01923 892710
Cost: Free (at specified times)

**Bingo Night - all ages**

When: Fridays – 7:30 pm - 9:30 pm
Where: Meriden Community Centre, Garsmouth Way, Watford, WD25 9ET.
What: A bingo night in the heart of the Meriden Community.
Who: Margaret Mills – contact 01923 662119
Cost: £3 per book & £2 entrance fee.



Saturdays

Random Café - *all ages*

- When: Saturdays 1:00 pm – 3:00 pm (except the 5th Saturday of the month)
- Where: Meriden Community Centre, Garsmouth Way, Watford, WD25 9ET.
- What: Legally intercepted food (waste) from supermarkets, restaurants and other sources, cooked up into delicious meals and served to anyone and everyone.
- Who: randomcafeuk@gmail.com - 07961 534275
- Cost: Pay as you feel.



Sundays

Tea Parties with Friends – *75+*

- When: Monthly on a Sunday 3:00 pm
- Where: Held in volunteer's homes around the Watford area.
- What: Monthly afternoon tea parties for small groups hosted by volunteers. Free transport available.
- Who: Contact the Elderly – contact 0800 716543
- Cost: Free



Dementia friendly

www.dementiafriendlywatford.com

Watford Dementia Action Week, 11-17 May

A number of events will be happening throughout the town including the Dementia bus experience, 13 May. For information go to www.dementiafriendlywatford.com

Hertswise – *all ages*

- When: Mondays 1:30 pm - 3:30 pm.
- Where: Rickmansworth Baptist Church Hall, High Street, WD3 1RH.
- What: Social group for people with dementia and their carers. Activities include conversation over tea and coffee, quizzes, seated exercises, speakers on topics of interest and more.
- Who: Mary Green – 0300 123 4044
- Cost: £5.00 (no charge for carers)



Chorleywood Memory Café – *all ages*

- When: First Monday of the Month 10:30 am - 12:30pm
- Where: Sunrise of Chorleywood, High View, Chorleywood, Rickmansworth, WD3 5TQ.
- What: For people living with or caring for someone with dementia. Exercise, memory activities, opportunities to meet new people plus emotional and practical support.
- Who: Getting Together - contact 01923 216967.
- Cost: £5.00





Watford & Three Rivers Trust and Home Instead Senior Care Watford are delighted to announce the launch of the first memory café with carer's retreat in Watford town centre aimed at supporting those living with dementia and their carers.

Upcoming dates in 2020

3rd January ♦ 7th February ♦ 6th March ♦ 3rd April
1st May ♦ 5th June ♦ 3rd July ♦ 7th August ♦ 4th September
2nd October ♦ 6th November ♦ 4th December

At St Mary's Church, Church St,
Watford, WD18 0EG

10:30am-12:30pm

Suggested donation £5

CALL 01923 250513

OR VISIT www.dementiafriendlywatford.com



Musical Herts – *all ages with dementia*



When: Second and fourth Tuesday of every month
10:00 am - 11:30 am.

Where: Colne River Room, Pump House Theatre & Arts Trust,
5 Local Board Road, Watford, WD17 2JP.

What: For people living with dementia and their carers to
make music in a friendly, welcoming environment.
Please call to book a space.

Who: Teela – contact 01582 250024

Cost: £5 per session voluntary contribution.

Carers' Club – *all ages*



When: First and third Tuesday of every month
10:30 am - 12:30 am.

Where: Bushey Baptist Church, Chalk Hill, Watford,
WD19 4BX.

What: A friendly place for carers of those living with dementia
to come together for help, support and information

Who: Barry Stokes – contact 020 8950 3989

Cost: Free

Dementia Support Group – *all ages*



When: Tuesdays 10:00 am - 12:00 pm.

Where: St Joseph's RC Church Hall, Oxhey Drive,
South Oxhey, WD19 7SW

What: To promote socialisation, positive lifestyle changes
and confidence building.

Who: Hertswise – contact 0300 123 4044

Cost: £5 (no charge for carers)

Dementia Cafe – all ages

When: Tuesdays 1:00 pm - 3:00 pm.
Where: Meriden Community Centre, Garsmouth Way, Watford, WD25 9ET.
What: To promote socialisation, positive lifestyle changes and confidence building.
Who: Hertswise – contact 0300 123 4044
Cost: £5 (no charge for carers)



Singing by Heart – all ages

When: First Tuesday of the Month 1:00 pm - 2:00 pm.
Where: Watford Corps Church and Community Centre, 376a St Albans Road, Watford, WD24 6PJ.
What: A fun and friendly programme for people with dementia and their carers which uses favourite songs to create connections with others and bring back memories.
Who: The Salvation Army – contact 01923 801169
Cost: £1.50 per person.



Golden Memories – all ages

When: Tuesdays 10:30 am – 12:30 pm and Wednesdays 1:00 pm - 3:00 pm.
Where: Sensory Room, Watford Football Club Stadium, Vicarage Road, WD18 0ER
What: Using a host of Watford FC memorabilia and magic moments to stimulate the senses and evoke personal memories for those with early onset up to moderate dementia. Booking required.
Who: Hannah Foster – 01923 496293
Cost: Free



Watford & Three Rivers Trust supports this friendly and welcoming café that's for people living with Dementia, and their Carers.

Every month we have stimulating activities, gentle exercise and most importantly, lots of FUN!

ALSO

A separate space for carers to meet, chat and share experiences, plus an opportunity to join the group for a session with a specialist psychotherapist who offers support and mindfulness techniques.

*Come along and join us
on the first Monday on
every month*

Sunrise Chorleywood
High View
Chorleywood
Rickmansworth
WD3 5TQ



Registered as a charity in England & Wales 1085518
Company Registration number 4090701



Dementia Support Group – *all ages*



When: Wednesdays 10:00 am - 12:00 pm.

Where: Methodist Church Hall, Corner of Langley Road, Abbots Langley, WD5 0EJ.

What: Social group for people with dementia and their carers. Activities include conversation over tea and coffee, quizzes, seated exercises, speakers on topics of interest, and more.

Who: Mary Green – 0300 123 4044

Cost: £5.00 (no charge for carers)

Dementia Support Group – *all ages*



When: Wednesdays 1:00 pm – 3:00 pm.

Where: The Wellbeing Centre, 501 St Albans Road, Watford, WD24 7RZ.

What: Social group for people with dementia and their carers. Activities include conversation over tea and coffee, quizzes, seated exercises, speakers and more.

Who: Mary Green – 0300 123 4044

Cost: £5.00 (no charge for carers)

Dementia Support Group – *all ages*



When: Thursdays 12:30 pm - 2:00 pm.

Where: Croxley Green Community Centre, Community Way, WD3 3SU

What: Social group for people with dementia and their carers. Activities include conversation over tea and coffee, quizzes, seated exercises, speakers on topics of interest, and more.

Who: Mary Green – 0300 123 4044

Cost: £5.00 (no charge for carers)

Montrose Care Home Memory Cafe – *all ages*



When: Monthly on a Friday 10:30 am (14 February, 13 March, 17 April & 15 May)

Where: Montrose Care Home, 95 Langley Road, Watford, WD17 4PE

What: For people living with dementia, as well as their families & carers. Share experiences and stories, and to get help, advice & support from the home's specialist dementia team. Hosted in partnership with Alzheimer's Society.

Who: Montrose Care Home – 01923 804337

Cost: Free

Herts Musical Memory– *all ages*



When: Fridays 10:30 am – 12:00 pm (no session every fifth week)

Where: Stanborough Park Centre, St Albans Road, Watford, WD25 9DL.

What: Delivering vibrant singing sessions that are fun and therapeutic for people with dementia and their carers.

Who: Herts Musical Memories – contact 020 8950 5757.

Cost: £5.00 (no charge for carers)

Dementia Café – *all ages*



When: First Friday of the Month 10:30 am - 12:30pm

Where: St Mary's Church, Church Street, Watford, WD18 0EG

What: Offering a welcoming space for people who are concerned about their memory or mental wellbeing. Share experiences, make friends in a relaxed environment

Who: Watford & Three Rivers Trust - contact 01923 216967.

Cost: £5.00 suggested donation

WORKING TOGETHER TO MAKE WATFORD A DEMENTIA FRIENDLY COMMUNITY



Take part in Golden Memories

Reminiscence programme on the history of Watford Football Club (run by Watford FC CSE Trust)

Every Wednesday from 10.30am to 12.30pm from 4 March

Watford Football Club



Come along to our Memory Café and Carers' Retreat

Open on the first Friday of every month from 10.30am - 12.30pm

St Mary's Church



Become a Dementia Friend

Work with us to change people's perceptions of dementia. Free training at dementiafriendlywatford.com

dementiafriendlywatford.com

Community Events, Outings & Trips

Royal British Legion Women's Section Dance

When: Saturday 1 February 7:30 pm – 11:00 pm

Where: Royal British Legion, 161 Watford Road, Croxley Green, Rickmansworth WD3 3ED.

What: A charity fundraising dance with a mixture of sequence, ballroom, line and party dances. Non-members are most welcome. Numbers limited to 80.

Who: The club bar – contact 01923 443210 or Barbara Loose - 01923 720509

Cost: £5 (if desired, please bring your own food).

Handmade in West Watford Craft – Half Price Sale

When: Saturday 15 February 10:30 am – 1:30 pm

Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.

What: Come and get yourself some beautiful bargains – all our stock is lovingly handmade in West Watford and will be half price.

Who: Vanessa – contact 01923 235488 or email info@westwatford.org.uk

Cost: Entry free



everyone
ACTIVE

intu
Watford

COMMUNITY SPORTS
& RECREATION
TRUST

Watford
Community
Centre

Working to become
Dementia
Friendly

Watford
Cycle Hub

Watford
Library

W
3RT Watford &
Three Rivers
Trust



[watfordcouncil](http://watfordcouncil.gov.uk)

watford.gov.uk



WATFORD
BOROUGH
COUNCIL

Tea Dance

When: Tuesday 11 February 1:00 pm.
Where: Watford Colosseum, Rickmansworth Road, Watford, WD17 3JN.
What: Get your dancing shoes on and take to the floor for a graceful, elegant and nostalgic afternoon of dancing.
Who: Watford Colosseum - contact box office on 01923 571102.
Cost: £5.50

The Spirit of Volunteering

When: Wednesday 12 – Friday 14 February 10:00 am – 3:00 pm
Where: South Oxhey Methodist Church, South Oxhey, WD19 6LA
What: A three-day workshop, looking at the skills of a volunteer.
Who: Jane – contact 0208 420 1364
Cost: £20 including a nationally recognised qualification.

Chamber Music Concert

When: Sunday 23 February – 4:00 pm
Where: The Clarendon Muse, Watford Grammar School for Boys, 70, Rickmansworth Rd, Watford, WD18 7HX
What: Trio Martinu (violin, cello and piano) playing music by Martinu, Dvorak and Smetana.
Who: Octagon Music Society, Henry Moring – contact 01923 231917
Cost: Tickets £16 online at octagonmusic.ticketsource.co.uk

Pensioners' Forum

Friday
28
February
2020

Speakers

1.45pm - 2pm
Gary Evans, CEO, Demand, Abbots Langley

2pm - 2.15pm
Liz Burns, Work Aid, Amersham

2.15pm - 2.30pm
Lisa Cook, Leavesden Country Park

2.30pm - 2.45pm
Roger Yapp - An introduction to the film:
A county At War; Life on the Homefront
in Hertfordshire

2.45pm - 3.45pm
Watch film - A County at War

3.45pm - 4pm
AOB

2-4pm
Penn Chamber,
Three Rivers House,
Northway,
Rickmansworth
WD3 1RL

 **THREE RIVERS
DISTRICT COUNCIL**

Friends of Watford Museum Talk

When: Thursday 5 March 2:00 pm
Where: Watford Museum, 194 High Street, Watford, WD17 2DY
What: Talk on Cassiobury Swiss Cottage by Laurie Elvin.
Booking essential
Who: Watford Museum – contact 01923 232297
Cost: Free for Friends of Watford Museum or £3 for visitors.

Pensioners Forum

When: Tuesday 10 March 2:00 pm – 4:00 pm
Where: Town Hall Meeting Rooms, Rickmansworth Road, WD17 3JN
What: The Pensioners' Forums are focused around key topics. You will have the opportunity to share your thoughts, meet other local residents and chat over tea & cake.
Who: W3RT – contact 01923 216967 or email watfordpf@w3rt.org
Cost: Free

Chamber Music Concert

When: Sunday 15 March – 4:00 pm
Where: The Clarendon Muse, Watford Grammar School for Boys, 70, Rickmansworth Rd, Watford, WD18 7HX
What: Roderick Williams (baritone) singing Schubert's 'Winter Journey'
Who: Octagon Music Society, Henry Moring – contact 01923 231917
Cost: Tickets £16 online at octagonmusic.ticketsource.co.uk

Spring Wildlife Walk

When: Sunday 15 March 10:00 am – 12:00 pm
Where: Leavesden HIVE, Leavesden Country Park, College Road, WD5 0NX
What: Join the Park Ranger to discover which early flowering plants, insects and animals are starting to become more active in the woodland.
Who: Three Rivers Leisure – contact 01923 776611
Cost: Free

Royal British Legion Women's Section Dance

When: Saturday 21 March 1:30 pm – 5:00 pm
Where: Royal British Legion, 161 Watford Road, Croxley Green, Rickmansworth WD3 3ED.
What: A special charity fundraising dance, followed by an afternoon tea in celebration of their 95th anniversary.
Who: Barbara Loose - contact 01923 720509
Cost: £5.00 to include traditional afternoon tea with cello and piano background music.

Mothering Sunday Tea Party

When: Sunday 22 March – 7:00 pm
Where: Watford Palace Theatre, 20 Clarendon Road, Watford, WD17 1JZ
What: Mother's Day tea party.
Who: Watford Palace Theatre – contact 01923 225671
Cost: £7

FREE

PENSIONERS' FORUM

**Tuesday 10 March 2020 from
2-4pm at the Town Hall**



**To book or find out more, visit: www.watford.gov.uk/forum
You can also email watfordpf@w3rt.org or call 01923 216967.**

Handmade in West Watford - Craft Sale & Vintage Tearoom

When: Saturday 4 April 10:30 am – 1:30 pm
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.
What: Beautiful, handmade gifts, goodies, toys, cards and more. Vintage inspired tearoom will be serving home-made cakes.
Who: Vanessa – contact 01923 235488 or email info@westwatford.org.uk
Cost: Entry free

Royal British Legion Women's Section Dance

When: Saturday 4 April 7:30 pm – 11:00 pm
Where: Royal British Legion, 161 Watford Road, Croxley Green, Rickmansworth WD3 3ED.
What: A charity fundraising dance with a mixture of sequence, ballroom, line and party dances. Non-members are most welcome. Numbers limited to 80.
Who: Barbara Loose - contact 01923 720509
Cost: £4.00 without food or £8.00 with food (please book in advance if food is required)

Create your own Hanging Basket

When: Sunday 6 April 10:30 am – 12:30 pm
Where: Leavesden HIVE, Leavesden Country Park, College Road, WD5 0NX
What: Learn how to plan up a hanging basket and enjoy watching it bloom over the spring. All plans and baskets provided.
Who: Three Rivers Leisure – contact 01923 776611
Cost: £12.50 – booking essential

Photography Walk

When: Tuesday 7 April 10:30 am – 1:00 pm
Where: Rickmansworth Aquadrome, Frogmoor Lane, WD3 1NB
What: Join professional photographer Pete Stevens on one of our relaxed photography walks.
Who: Three Rivers Leisure – contact 01923 776611
Cost: £5 – booking essential

Photography Walk

When: Thursday 16 April 1:00 pm – 3:30 pm
Where: Leavesden Country Park, College Road, WD5 0NX
What: Join professional photographer Pete Stevens on one of our relaxed photography walks.
Who: Three Rivers Leisure – contact 01923 776611
Cost: £5 – booking essential

Trip to Cotswold Wildlife Park and Gardens

When: Wednesday 22 April
Where: Coach pickups Hollytree house 8:30 am, The Horns 8:45 am and Morrison's 9:00 am.
What: Day trip to Cotswold Wildlife Park and gardens.
Who: Watford Community Housing – contact 01923 209183
Cost: £15 – booking essential

Bat Walk

When: Friday 24 April 8:15 pm – 9:45 pm
Where: Leavesden HIVE, Leavesden Country Park, College Road, WD5 0NX
What: Discover more about these fascinating creatures.
Who: Three Rivers Leisure – contact 01923 776611
Cost: £2 – booking essential

VE 2020

A date for your diary

THURSDAY 7TH MAY 2020

1030AM - 230PM

FRANCIS COMBE ACADEMY

HORSESHOE LANE, WATFORD WD25 7HW

VE Day 75th Anniversary

HOSTED BY ASHLEY WEBBER

-FEATURING-

THE GERSHWIN GANG

THE POLKA DOTS

...AND MORE!

OVER 55s - DRESS CODE - 40s!

getting together

TICKETS £20 - LUNCH INCLUDED - 01923 216967 TO BOOK

Afternoon Tea

When: Monday 27 April 1:30 pm – 3:30 pm
Where: West Herts College, Hempstead Road, Watford, WD17 3EZ
What: Join us for afternoon tea.
Who: Watford Community Housing – contact 01923 209183
Cost: £6

VE Day event with Getting Together

When: Thursday 7 May 10:30 am – 2:30 pm
Where: Francis Combe Academy, Horseshoe Lane, Watford WD25 7HW
What: Event for the over 55s to commemorate the 75th anniversary of VE day. Includes music and food. Dess code 40s!
Who: Getting Together – contact 01923 216967
Cost: £20 lunch included

VE Day event at the Museum

When: Saturday 9 May 11:00 am – 3:00 pm
Where: Watford Museum, 194 High Street, Watford, WD17 2DY
What: Family event to commemorate the 75th anniversary of VE day.
Who: Watford Museum – contact 01923 232297
Cost: Free

Afternoon Tea

When: Monday 11 May 1:30 pm – 3:30 pm
Where: West Herts College, Hempstead Road, Watford, WD17 3EZ
What: Join us for afternoon tea.
Who: Watford Community Housing – contact 01923 209183
Cost: £6

Trip to Wisley Gardens

When: Tuesday 19 May
Where: Coach pickups Hollytree house 9:00 am, The Horns 9:15 am and Morrison's 9:30 am.
What: Day trip to Wisley Gardens.
Who: Watford Community Housing – contact 01923 209183
Cost: £15 – booking essential

Random Café Beet Tasting Event

When: Saturday 30 May 7:30 pm
Where: Watford Museum, 194 High Street, Watford, WD17 2DY
What: Join Watford's recycling café for a night of beer tasting and snacks. For more information and booking contact Random Café.
Who: 07961 534275 email: randomcafeuk@gmail.com
Cost: £20

Watford and Three Rivers Community Cars service



“The volunteer drivers are very friendly, caring and ever so patient.”

Community Cars serves residents of Watford and Three Rivers, providing a safe, reliable and affordable service for people unable to use public transport. Our drivers cover around 30,000 miles a year in and around Watford.

Our team of volunteer drivers use their own cars to provide essential journeys, helping older people, vulnerable people or people with mobility problems, to remain independent, feel more socially included and reduce costly travel expenses.

We can take people to and from important medical appointments, hospital visits, or even social clubs or events and it costs you only 45p per mile.

If you want to know more about our service (as a passenger or a volunteer) then visit www.communitycars.help or just call us.

Phone: 01923 216964

Email: communitycars@w3rt.org



Registered charity number: 1085518
Company Registration number: 4090701



The Barn

The Barn is located in Watford Town Centre, just opposite Watford Palace Theatre. It has a sprung floor hall and multiple office spaces, in an ideal central Watford location.

Holywell Community Centre

The Holywell Community Centre has a large and small hall as well as office spaces, with ample parking for any big events.

For further information or to book a tour of either venue, call 01923 216950 or email venues@w3rt.org



www.communityvenues.org

A Dash of Culture

Watford Palace Theatre

20 Clarendon Road, Watford, WD17 1JZ

01923 225671

www.watfordpalacetheatre.co.uk

Celebrate Chinese Culture Show – Theatre

Saturday 1 February, 6:00 pm

Kinky Boots: The Musical – Film

Tuesday 4 February, 7:00 pm

Ruddigore – Theatre

Wednesday 12 – Saturday 15 February, 7:30 pm (with Saturday matinee)

Swan Lake - film

Sunday 23 February, 3:00 pm

Present Laughter – Film

Sunday 23 February, 7:30 pm

Talking Heads – Theatre

Wednesday 4 - Sunday 29 March, 7:30 pm (with Wednesday & Saturday matinee)

Fidelio – Film

Monday 23 March, 2:00 pm

Iain Sterling: Failing Upwards – Film

Wednesday 15 April, 7:00 pm

Romeo and Juliet – Film

Monday 23 March, 2:00 pm

Jewels – Film

Sunday 19 April, 4:00 pm

Cavalleria Rusticana/Pagliacci – Film

Tuesday 21 April, 7:00 pm

Abigail's Party – Theatre

Wednesday 29 April – Saturday 23 May, 7:30 pm (with Wednesday & Saturday Matinee)

The Dante Project – Film

Sunday 31 May, 2:00 pm

Watford Colosseum

Rickmansworth Road, Watford, WD17 3JN

01923 571102

www.watfordcolosseum.co.uk

West End Jersey Boys – Live performance & lunch

Sunday 2 February, 1:30 pm

Fascinating Aida – Musical comedy

Wednesday 5 February, 7:30 pm

Ed Byrne: If I'm Honest – Comedy

Friday 7 February, 8:00 pm

Jim Davidson: Last Man Standing – Comedy

Saturday 8 February, 7:30 pm

Milton Jones: Milton Impossible - Comedy

Thursday 13 February, 7:30 pm

Boyzlife - Music

Saturday 15 February, 7:00 pm

Snooker Shoot Out – Live sport

Thursday 20 – Sunday 23 February, times vary.

Luther – Luther Vandross Tribute Show

Thursday 27 February, 7:30 pm

Dom Jolly's Holiday Snaps – Comedy

Thursday 5 March, 7:30 pm

AJ Live – Dancing

Thursday 12 March, 7:30 pm

Rob Brydon: Songs and Stories - Comedy

Wednesday 25 March, 7:30 pm

Magic of Motown - Music

Thursday 26 March, 7:30 pm

Fastlove: George Michael Tribute show

Friday 27 March, 7:30 pm

Josh Widdicombe: Bit Much – Comedy

Friday 17 April, 8:00 pm

Watford Philharmonic Society: Messiah - Concert

Saturday 25 April, 7:30 pm

An Audience with Harry Redknapp

Thursday 30 April, 7.30 pm

James Bond Spectacular – Music Show

Friday 1 May, 7.30 pm

David Baddiel: Trolls Not The Dolls - Comedy

Saturday 2 May, 7.30 pm

Tim Vine is Plastic Elvis – Tribute

Thursday 7 May, 7:30 pm

The New York Bee Gees – Music

Friday 8 May, 7:30 pm

The Legends of American Country Show – Music

Saturday 9 May, 7:30 pm

The World Famous Elvis Show – Show

Friday 15 May, 7:30 pm

Tony Blackburn - Sounds of the 60s – Music show

Saturday 16 May, 7:30 pm

The Guilty Feminist - Comedy

Wednesday 20 May, 7:30 pm

Craig Revel Horwood - Show

Thursday 28 May, 8:00 pm

Luther – Luther Vandross Tribute Show

Thursday 27 February, 7:30 pm

Rob Beckett: Wallop – Comedy

Friday 29 May, 8:00 pm

Watersmeet Theatre

Watersmeet, High Street, Rickmansworth,
WD3 1EH

01923 711063 – www.watersmeet.co.uk

The Music of Judy Garland – Tribute Show

Saturday 22 February, 7:30 pm

Handshake Group presents: Oh What a Night!

Friday 28 February, 7:30 pm

Madam Butterfly

Friday 6 March, 7:30 pm

Out of Bounds Comedy: BGT Special

Thursday 12 March, 8:00 pm

Abba Mania – Music Tribute

Friday 13 March, 7:30 pm

The Screwtape Letters - Theatre

Saturday 14 March, 7:30 pm

Amy Winehouse Celebration – Music Tribute

Friday 20 March, 7:30 pm

Swan Lake - Ballet

Friday 27 March, 7:30 pm

Buddy Holly – Musical Show

Thursday 2 April, 7:30 pm

Swan Lake - Ballet

Friday 27 March, 7:30 pm

Pump House Theatre

5 Local Board Road, Watford, WD17 2JP

Box Office – 0333 666 3366

www.pumphouse.info

The Unexpected Guest by Agatha Christie - Theatre

Wednesday 26 – Saturday 29, 7:45 pm (with Saturday matinee)

Cheshire Cats - Comedy

Monday 13 – Saturday 18 April, 7:45 pm

**Do you want to meet
new people and help
your local community?**



*my
wellbeing*



**We are looking
for Volunteers!**

**Neighbourhood
Connectors**

**Club
Helpers**

**Community
Cars Drivers**

- ✓ Be part of a friendly and supportive team
- ✓ **Volunteer at times to suit you**
- ✓ Make new friends & have fun
- ✓ **Join an outstanding volunteer organisation**

Together we can help older people stay healthy, active and happy!

To find out more call us on **01923 216961**
email volunteering@w3rt.org
or visit www.mywellbeing.community





Useful Contacts

NHS 111	111
Police – non-emergency	101
HertsHelp	0300 123 4044
Watford Borough Council	01923 226400
Three Rivers District Council	01923 776611
Hertfordshire County Council	0300 123 4040
Community Cars	01923 216950
Dial-a-ride	01992 556771
Herts Independent Living Service	01727 847264
Getting Together	01923 216967
Shop Mobility	01923 211020
Hertswise (Via HertsHelp)	0300 123 4044
Watford Community Housing	0800 218 2247
Thrive Housing	0800 917 6077
Which Trusted Traders	0117 456 6032
Age UK Hertfordshire	0300 345 3446
Citizens Advice	03444 111 444
Home Library Service	0300 123 4049
Red Cross	0344 871 11 11
Hertfordshire Beacon - Victim Support	0300 0115 555
Pension Service	0800 731 0469
Attendance Allowance enquiries	0800 731 0122
Safe and Well	0300 123 4040
Neighbourhood Watch (OWL)	101

HOME

there's no place like it



We provide friendly and flexible care in your own home where you are happiest.

Our service is available seven days a week.

We can offer:

- ✳ Home help
- ✳ Dementia care
- ✳ Companionship
- ✳ Meal preparation
- ✳ Personal care
- ✳ Shopping and errands



Call us on 01923 588713
or email at info.watford@homeinstead.co.uk

Home Instead Senior Care Watford
GPF Lewis House, Olds Approach,
Watford WD18 9AB
www.homeinstead.co.uk/watford



A fresh approach to retirement living



Pool and Spa



Gym



Care



Café-bistro



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