

## **NEWSLETTER**

November 2025



is coming up on next Friday 21st Nov!

#### This month:

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- What's coming up this month?
- | Activities and events
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- | Christmas Activities
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- I Watch this space

#### An update from the Haringey Circle team!

Here's our November newsletter and the Circle programme of activities we've organised for the coming month!

There are some new opportunities this time and news of amazing hairdressing & beauty discounts as we smarten up for Christmas. We hope there's something to please everyone, but do sign up quickly to be sure of a place.

Looking ahead, please be warned that when the world stops for Christmas, Circle will not, and our next newsletter will offer lots to do over the festive period!

In the meantime, if you're interested in horses, golf, or bowls, scroll down! And get your dancing shoes on for our Daytime Disco on 21st! See you there!





Sharon Grant OBE Chair, Haringey Circle.

#### What we've been up to





Our Dining Circle recently took advantage of the opportunity and recommendation to visit a popular destination for authentic Turkish cuisine on Green Lanes. We were delighted by the rich flavours of the delicious entrées and amazed by the astounding quantities of the impressive meat platters.

We recently wrapped up our first Creative Writing course, and it was a truly enjoyable experience for everyone involved. Participants shared warm and thoughtful feedback, expressing how much they appreciated the chance to explore their creativity in a relaxed and supportive setting. A big thank-you goes to our wonderful instructor for her inspiration and guidance, we're hoping to offer a second course soon for those keen to keep writing and sharing their stories!

Please let us know if you want to try out your inner desire to put pen to paper!

"Sessions began promptly and we were writing immediately. We started very encouragingly with just one word on a theme 'no thinking, whatever comes into your mind'and build from there. By the end of the session a brief story. Full concentration for an hour. Fun and challenging!" -

Participant A

#### What we've been up to

Our creative streak continues with the ongoing art classes, which remain a source of inspiration and relaxation for many. The recent golf sessions have finished, and our indoor bowls activities have now started, offering another way to stay active and social. Perhaps some of these will make a return in the future?





We continue to keep you active through our regular activities and group walks. Last month saw our first successful Walk and Dine event, combining fresh air, good company, and great food. Our weekly walks are ongoing, and we are always open to new ideas, Let us know if there are any walking routes or locations you would like to explore together!.



#### **NEW! DAYTIME DISCO**

There is still time to sign up for the Haringey circle day disco!

Expect an afternoon for great music taking you back in time to the 70s/80s/90s with afrobeats and soca in the mix. We have dj stevie T in attendance and a great space to meet old and new friends at Gina's.



Time to boogie and shake off the afternoon!

A small **donation of £5** is requested (payment info provided after registration).

Booking is essential, so do not miss the chance and sign up!

- Date & Time: FRI 21st November, 15:00 PM-18:00PM
- Location: Gina's, 639 High Rd, London N17 8AA
- Registrations: <u>CLICK HERE!</u> or visit our website.

#### An afternoon at the riding stables!

Visit Trent Park Equestrian Centre, a British Horse Society Centre of Excellence, and with wonderful views over the countryside. Tour the stables, see where the horses live, meet and pet, or even groom a pony, and then get together after for a chat over tea and cake in the lovely Equus cafe, overlooking the horses as they train in the indoor school.



Please note there is a £7 donation (to be deposited at the stables), cakes and drinks included!

Meet at Wood Green Tube 1pm for travel to Oakwood and a short walk to the Centre. OR meet us there at 1.50 for 2pm start. (Car parking available)

- Date and Time: THUR 27th November, 2pm to 3:30pm (approx.)
- Location: Trent Park Equestrian Centre, East Pole Farmhouse, Bramley Rd, London N14 4UW
- Registrations: <u>CLICK HERE!</u> or visit our website.

#### **ARTS & CRAFTS SUNDAY- CARD MAKING!**

In November, our regular Arts & Crafts Sunday will have a special twist with a festive card-making drop-in! Everyone is welcome, whether you're an experienced crafter or just looking for a fun, relaxed way to spend the morning.



You can create holiday-themed cards or any other type of card you like, share ideas with others, and enjoy a friendly, creative atmosphere. All materials are provided, so just bring your imagination and join us for a cheerful and crafty session.

Please let us know you are coming so we can bring the appropriate materials!

- Date & Time: SUN 30th November, 11:30 AM-2:00PM
- Location: The Bruce Castle Park Pavilion, Bruce Castle Park, Lordship Ln, London N17 8NJ
- Registrations: <u>CLICK HERE! or visit our website.</u>

#### **Beginners Creative Writing- Another opportunity!**

We would like to invite you to join a new series of Creative Writing sessions! Perfect for anyone who wants to try light writing or explore a different kind of creativity, the sessions are guided by a fantastic instructor and prompted by words, emotions, and the energy of a friendly group.

They will take place in person over five weeks, offering a relaxed and inspiring space to develop your ideas and share your stories.



- Date & Time: FRI 5th December, 11:00 AM
- Location: Marcus Garvey Library, 1 Philip Ln, London N15
   4JA (Meeting Room 2)
- Registrations: CLICK HERE! or visit our website.

#### **DINING CIRCLE- Sixth edition**

By popular demand we will be returning to OITA, a favourite of our dining circle! Again we'll sample Japanese cuisine of the same outstanding quality, vibrant flavours, and a warm, inviting atmosphere.





The menu has been prepared with very generous portions and is offered at a special price of only £13. If you were not able to attend before, now is your chance to experience it for yourself!

#### Best book up now to make sure you have a place!

- Date & Time: FRI 5th December, 12:30PM
- Location: OITA Wood Green, 13-27 Station Rd, London N22
   6UX
- Registrations: CLICK HERE! or visit our website.

#### **BOWLS**

Again there is an opportunity to try your hand at Bowling this month at the Bounds Green Bowls Club.

Several members have already learned the rules and are enjoying getting the hang of bowling techniques in the great indoor facilities at the Club.

Its not too late to join in, so do sign up straight away if you'd like to take advantage of this opportunity,

In the meantime, if you want to learn more about the basics, check out this link:

https://www.bowlsengland.com/getting-started/



- Start Date: TUE 18th November
- Time: 10am 12am
- Location: Bounds Green Bowls & Tennis Club, 20 Goring Rd, N11
   2DD (close to Bounds Green tube)
- Registrations: <u>CLICK HERE!</u> or visit our website.

#### Partnership with Tottenham College!

Exciting news! Haringey Circle is working with Tottenham College to find ways in which us older citizens can support our upcoming generation. Many students are new to the area, and training to make their way in life. We 're also talking about ways in which the College can help us!

In a first step, the College is offering discounted hair and beauty services, for both men and women, delivered by its trainees - supervised of course. These will be at specially reduced prices for Circle members. Fancy a cut and blow dry, highlights, leg waxing, eyebrow shape, or facial for example? How about a manicure, a facial or even massage?



To book, call the college's award winning Style Zone on 020 8442 3031, stating you are a Circle Member and quote code Circle50, to discover prices that will amaze you!

## We're listening - what do you think?

#### Are you still keen?

Some of you have already shown interest in these activities, and we are still checking who else might like to join.

#### **Golf - Coming Back!**

Circle is planning to launch a new set of Golf Taster Sessions, perfect for complete beginners and anyone curious to give golf a try. The sessions will provide a relaxed and supportive introduction to the basics, with guidance from an experienced local instructor. No previous experience or equipment is required, just bring your enthusiasm and a willingness to learn something new.

We have another set of lessons starting next month. Places will be limited so please let us know of your interest, further details on <u>APPLICATION HERE!</u>



## We're listening - what do you think?

#### Tell Us What You'd Like to Explore!

We're planning our upcoming activities and would love to know which sessions you'd be interested in joining. A few ideas already suggested by members include:

- Gardening: Learn, share tips, or get hands-on with nature.
- Decluttering: Gentle guidance on simplifying your space.
- Mindfulness: Relaxation, breathing techniques, and calm practices.
- **Storytelling:** Share memories, hear others' tales, and connect through stories.
- **Alexander Technique**: More sessions to help with posture, movement, and overall wellbeing.



Your input helps us design activities that truly reflect your interests. Please let us know which of the above appeal to you, and feel free to add your own suggestions on the form provided.

# <u>TELL US HERE (CLICK)!</u>

#### **Monday Quiz Night**

#### Every Monday / 7pm to 8pm

**FREE to members** 

Join us for a night of fun, laughter and friendly competition at out weekly Monday quiz night.

Test your knowledge on a host of topics, from history and science to pop culture and sports - all hosted online so you can get involved from the comfort of your own home.



Venue: Online.

#### Coffee Drop in and Nordic Walking at Bruce Castle Cafe

Every Monday / 11.00am to 1.30pm

**FREE to members** 

Join us at the Pavilion Café in Bruce Castle Park for a relaxed drop-in session where you can have a chat, meet others, and enjoy some friendly company. Alongside the social drop-in, we will also be offering gentle Nordic walking, an enjoyable way to get moving, connect with nature, and boost your wellbeing at your own pace.

Our manager and Nordic walking instructor James will be there, drop in for a chat, share your thoughts, or join the walk. All are welcome!



**Venue:** The Pavilion Sports and Cafe, Bruce Castle Park Pavilion, Bruce Castle Park, Lordship Ln, London N17 8NJ

#### **Spanish Classes with Julia**

#### Every Tuesday / 5pm to 6pm

#### **FREE to members**

Would you like to learn Spanish in a relaxed and fun environment? Join our Social Activity Coordinator Julia for Spanish classes every Tuesday afternoon from 5pm to 6pm.



The class will be hosted online with a fun excursion every 4 weeks to practice what the class has learned in a real life environment!

Venue: Online

#### Line Dancing (Advanced)

Every Wednesday / 10.30am to 11.30am

£ donation to cover costs

We are now offering advanced line dancing classes for our members who are looking to challenge themselves with complex movements.

This class, led by Carol, still offers a relaxed learning environment where everyone can come to exercise and have fun, whilst also offering the opportunity to learn more advanced methods.



Venue: The Community Hub, 8 Caxton Rd, London N22 6TB

#### **Line Dancing (Beginner)**

#### Every Wednesday / 12pm to 1pm

**FREE to members** 

Would you like to exercise but have fun at the same time? Join Circle friends for a creative line dancing class that will get you to move and groove.

Improve your balance, fitness and coordination in a social and fun setting, led by our line dance teacher Carol. This class is designed for people who are new to line dancing or who haven't tried it before. Movements are done at a more relaxed pace.



Venue: The Community Hub, 8 Caxton Rd, London N22 6TB

#### Coffee & Brunch Meet Up/Drop In Wood Green

#### Every Thursday / 11.30am to 1pm

**FREE to members** 

Join us for our weekly coffee and chat drop-in every Thursday. Take a break from the everyday and spend some time catching up with other members or even meeting them for the first time! There's always a welcome over coffee or tea, and a generous 20% on Naya's lovely food. Naya is right next to Wood Green Tube!

Whether you want to swap memories, chat about your passions, or simply enjoy friendly company, this is a relaxed, welcoming space to reflect, laugh, and be inspired by the experiences of others. Everyone is welcome, especially new members, come along and join the conversation!



Venue: Naya Cafe & Deli, 748 Lordship Ln, London N22 5JU

#### **Seated Exercise with Candy**

#### **Every Thursday / 2pm to 3pm**

#### **FREE to members**

Candy's seated exercise class is designed for everyone, regardless of age or mobility level. This engaging and low-impact program helps improve circulation, muscle strength, and flexibility without putting strain on joints, strength, and overall well-being, all while seated!

Discover how a little movement can make a big difference in your day.



Venue: The Community Hub, 8 Caxton Rd, London N22 6TB

#### **Friday Quiz Night**

#### Every Friday / 5pm to 6pm

FREE to members

Join us for a night of fun, laughter and friendly competition at out weekly Monday quiz night.

Test your knowledge on a host of topics, from history and science to pop culture and sports - all hosted online so you can get involved from the comfort of your own home.



Venue: Online

#### Weekend Walks: Discover Nature

#### Every Sunday / 11.30am to 1pm

**FREE to members** 

Join us on our popular Sunday walks each week, starting at 11.30am. We take a different green route each week, with the Walthamstow Wetlands, Alexandra Palace Park, and Parkland Walk being some of our favourites. We explore the flora and fauna in each walk, with surprising discoveries and beautiful scenery.



All of our walks are designed to be accessible for people of all abilities. Our walks are usually an 1.5 hours, with optional turning back points for people who would prefer a shorter route and two different pace groups that meet for coffee at the end (striders and amblers). And our walks are planned to have access to a toilets and resting space.

Please register your interest in advance in case of cancellations or changes.

Venue: New weekly route emailed in advance!

Please do remember to sign up in advance for all activities, as this is very important for health, safety, and planning purposes. Also, keep an eye on your email and our website for any updates or changes to events.

Your participation and attention help us make everything run smoothly and safely!

## **Christmas Activities in Haringey**

Get into the festive spirit with a variety of Christmas events across Haringey! Most are free to attend, though some may require booking, check with each venue before heading out.

#### Festive Light Switch-Ons

- Wood Green Thu 13 Nov, 4–5 PM (Victorian carol singers from 2 PM)
- Tottenham Thu 4 Dec, 5 PM
- Seven Sisters Fri 5 Dec, 5 PM
- Middleton Road Winter Festival Sun 7 Dec, 12 PM-5 PM
- Santa's Grotto, lantern parade, fun fair, music, food & drink, tree switch-on, More info HERE





#### **Christmas Carols & Singalongs**

- At Ferry Boat Inn Mon 15 Dec: Tottenham New Singers perform classic Christmas tunes. <u>More info HERE</u>
- At Lauderdale House Tea Lawn Thu 18 Dec: Festive singalong with professional singers and resident pianist.
   BOOKING REQUIRED, More info HERE

## **Christmas Activities in Haringey**

Get into the festive spirit with a variety of Christmas events across Haringey! Most are free to attend, though some may require booking, check with each venue before heading out.

#### **Christmas Markets & Fairs**



**Wood Green** – Lymington Road Market – Saturdays from 15 Nov, 11AM–5PM

- · Festive goods, crafts, food.
- More info HERE

Ferry Boat Inn - Sat 29 Nov, 10 AM-1PM

- · Gifts, crafts, food stalls.
- More info HERE

Lauderdale House - Sat 29 & Sun 30 Nov, 11AM-5PM

- Sustainable & ethical food, crafts, arts, homewares.
- More info HERE

#### **News and Information**

# We need your help! Become a friend of Haringey Circle.

At Haringey Circle, we are committed to turning the later years of our members into the time of their lives! We want to continue to provide activities that are free. Donations enable us to do more, so that we can reach more people who need the social opportunities we can provide.

Your donation will help us, for example, to purchase more Nordic walking poles, provide materials for a photography course, or develop new activities that bring people together and inspire creativity.

Every contribution makes a real difference, enabling more members to enjoy shared interests and social opportunities that enrich their lives.

If you are able to support us, please consider donating today.

Click on one of the amounts below, or go to our website to

visit our donation page.

Thank you for helping us do more for our community!

£5 £10 £20



# Partner Spotlight: Disability Action Haringey are looking for artists!

Request for artists to bring and talk about their pieces at International Day of Disabled People. This event will take place on **Wednesday 3<sup>rd</sup> December** at Disability Action Haringey's Ability Hub in Wood Green from 10am to 2pm.

The event will be a drop-in exhibition to celebrate Creative Arts of any media format. The event will feature a presentation from a Ward Councillor, but is very much about people viewing the art and speaking to the creators. Please let me know if you have anyone interested in featuring their works and we can sort the logistics of displaying them appropriately.

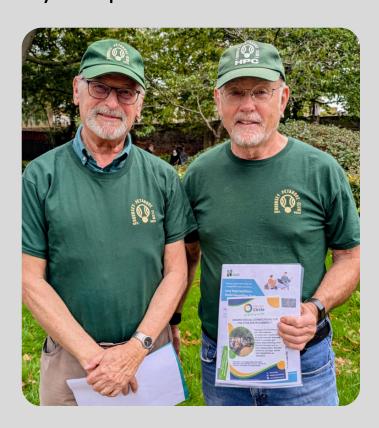
#### **CLICK to contact them HERE**

#### **News from our partners**

#### Friends at Hornsey Pétanque Club

Fancy trying something new outdoors?

Hornsey Pétanque Club is offering free starter sessions for anyone curious about Pétanque, a fun French boules game that is great for balance, coordination, and focus, all while enjoying friendly competition and social connection.



These benefits make pétanque excellent for both body and mind, while also offering a wonderful way to stay connected and active. It is ideal for all ages, especially those over 50 and it's a great way to try something new and engage in the community.

If you would like to take part, <u>just let us know HERE</u>. We will pass your details to Hornsey Pétanque Club, who will arrange your free three taster sessions.

## Coming up in November- December

Here's some important information to keep in mind over the coming month.

**December: Staying Healthy Through Winter** 



The winter months can be tough on both body and mind. Shorter days, colder weather, and the busy holiday season can affect mood, energy, and routines. To stay healthy:

- Look after your mental health: Check in with friends and family, and talk about how you're feeling.
- Keep moving: Even short walks or home workouts help maintain fitness.
- Stay on top of health checks: Don't delay GP appointments or screenings.
- Maintain a healthy lifestyle: Eat well, drink plenty of water, and manage alcohol intake.
- Set goals and reflect: Use this time to review habits and plan small, achievable changes for the new year.

Small daily steps make a big difference, staying connected, active, and mindful helps you feel your best all winter. See more information please visit <u>Healthwatch Haringey</u>.

#### Interesting and other important dates this month!

- 16 November International Day for Tolerance
- 20 November Universal Children's Day
- 25 November International Day for the Elimination of Violence against Women
- 1 December World AIDS Day
- 2 December International Day for the Abolition of Slavery
- 3 December International Day of Persons with Disabilities
- 10 December Human Rights Day



# Got an idea for an activity or event?

Maybe you'd like to form a neighbourhood walking group, morning coffee group, or hight help setting up a regular exercise class.

We can help and support you to develop activities and hold community events in your neighbourhood. If you have an idea

and need help getting it off the ground then get in touch.

#### Contact us / Sign-up for activities or membership

If you want to register for any of our activities, would like to register your interest for volunteering, would like to become a member, or have an idea for an activity, then get in touch between 9.30am and 5.30pm - Monday to Friday:

Call: 020 3196 1894

Email: hello@haringeycircle.com

Website: www.haringeycircle.com

Twitter: @haringeycircle

Facebook: Haringey Circle Hub
https://www.facebook.com/groups/2066298017126477/

