

NIFTY NEWS



March 2019



Nifty News for 2019!

It has been another successful and highly eventful year for the Nifties which saw us nominated as a finalist in the 24 Housing national awards in the 'Community Achievement' category and receiving a nomination for the TPAS national awards in the 'Richard Crossley Excellence in Community Action' category.

We couldn't do it without the hard work and dedication of all those individuals who volunteer to organise events - so a huge thank you to everyone involved!

We would also like to thank those of you who attend our events and make the Nifties such a fantastic organisation to belong to.

We continue to offer a wide range of weekly and monthly classes and meet-ups, most of which you can just turn up to – no booking required! There are also several annual events and days out throughout the year, so remember to hold on to this magazine, which contains dates for your diary and booking forms for certain events.

Thanks also go to Watford Community Housing, who continue to support us as champions of the work we do.

We are looking forward to another fun-filled and happy year and hope you will join us for our forthcoming adventures...

...and don't forget –

Our Annual General Meeting – Tuesday 16th April

Come along to our Annual General Meeting (AGM) to help elect new members, hear about what we've been up to over the past year and look forward to the year ahead.

Open to all.

Hollytree House 7.00pm





Nifties enjoying their 'lunch club'.

1. Ten Pin Bowling

Whether you enjoy ten pin bowling or have always fancied giving it a go, we have a regular Nifty's Bowling Club at Hollywood Bowl.

Food and drink can also be purchased on the day.

No booking required - just turn up

The first Tuesday of every month.

We meet at 10.15am at the venue.

Woodside Leisure Park

Kingsway, Garston, WD25 7JZ

Price: Approx £3.25 per person, per game. Pay on the day.

2. Lou's Moves

Lou and Jacqui are keen to pass on their enthusiasm and techniques. The classes are free but we ask for a donation towards their expenses (tea and coffee). No partner is needed and the pace will be just right to suit you, so come along and learn some ballroom/sequence moves.

Lou and Jacqui also have a professional dance teacher who adds her vast experience to the class and for those who wish to progress further, Katrina and Kevin also have classes on Wednesday and Thursday evenings – at a very reasonable charge – at the Church of the Nazarene, Woodside. All are welcome, so for further details call **01923 462302** or **07505993310**.

No booking required

Harebreaks Hub

Every Wednesday

10.30am to 12.00pm

3. Nifties' Lunch Club

Our informal lunch club is continuing this year.

If you live nearby, or can get to it easily, why not pop along to say hello? Whether your preference is to eat with us or just have a cuppa we will be happy to see you there.

We are always up for discussing future projects or putting the world to rights.

We meet in the café.

No booking required

Morrisons, Ascot Road (You can get off the No. 10 bus on Croxley View and walk through the alleyway to get to Morrisons).

The second Monday of the month.

From 1.00pm



Strutting their stuff at 'Lou's Moves'.

4. Nifties' Community Allotment

Our very own Nifties' community allotment is now up and running.

Come and enjoy doing as much as you can with everyone sharing in the produce.

If you would like to know more please complete the booking form.

5. Theatre Group

Wouldn't you rather go to the theatre with friends than on your own? To qualify for group discounts where available?

If so, join this group! An informal group of Nifties who organise local theatre trips.

You do not have to attend every show, but if there is a particular show that you fancy then you can count yourself in!

If you fancy organising one of the trips – so much the better – if the works gets shared out it's a little easier for everyone!

6. Short mat bowls

Short mat bowls means that we use conventional bowls and not the smaller version used for carpet bowls.

Bowls are provided, although several of our members prefer to bring their own.

We play on carpets which are 45ft long and the aim of the game is to get your bowl closest to the jack. Each player has 2 bowls and has to avoid a wooden block placed in the centre of the mat. We shall, of course, provide coaching for anyone who has not played the game before.

Whilst not a strenuous form of exercise it encourages flexibility and, just as importantly, our members enjoy the sociability the game engenders.

Holywell Community Centre

We play every Wednesday .

From 1.15pm until 3.15pm

Price: £2 per session – which includes a cup of tea and biscuit.

7. Craft and natter

Bring along any of your crafting activities to a monthly get together. Those attending are always happy to teach others their skills. Bring along knitting, crochet, embroidery, card making and anything else you fancy. You could even work on some larger joint projects! Sessions are free but a small donation towards refreshments is appreciated.

No booking required

Harebreaks Hub

Every third Monday of the month.

2.00pm to 4.00pm

8. Tai Chi

Tai Chi is a form of Chinese exercise with gentle, flowing movements to help you find peace of mind and improve overall health. It is especially good for balance and keeping the body moving and supple.

Our classes will be very gentle and can be practised and adapted for sitting or standing.

For more information call Sue on **07758916692.**

No booking required

Harebreaks Hub

Every Wednesday.

2.15pm

Price: £4



Nifties' Community Allotment.

One-off trips and events

9. Annual General Meeting – Tuesday 16th April

Come along to our Annual General Meeting (AGM) to help elect new members, hear about what we've been up to over the past year and look forward to the year ahead.

Open to all.

Hollytree House 7.00pm

10. Canal Trip – Tuesday 21st May

Fancy a day messing about on the canal? We'll be meeting at Waterways Experience, next to the Red Lion in Nash Mills and travelling up the canal towards Hemel Hempstead. If time and weather permit there will be stops for ice cream and a visit to a garden centre, as well as the Sunnyside Cafe. You can also order fish and chips for collection at the turning point, or you can bring your own packed lunch.

The boat is fully accessible for those with disabilities and will be skippered by volunteers (although you are welcome to have a go at steering or operating the locks under their supervision). More information can be found on their website: www.wexp.org.uk

Price: £15

9.30am to 5.00pm

11. Brighton – Thursday 13th June

Fancy a day out at the seaside? Why not come and visit the Lanes for shopping? There is also The Royal Pavillion or the new BT Tower (both at extra cost) or stroll along the promenade and pier at your leisure. Who can spot the statue of the olympic athlete?

Booking essential!

Coach pick-ups –

Hollytree House 8am

The Horns 8.15am

Morrisons 8.30am

Price: £18

12. An afternoon at the dogs – Sunday 14th July

Back by popular demand, we are having another afternoon at Henlow race track. Hopefully you'll come away with some winnings, but you'll definitely have a great day out!

The price includes coach, entrance fee and race card. Food and drink can be purchased there – hopefully we can get the same deal as last year.

Booking essential!

Coach pick-ups –

Hollytree House 11am

The Horns 11.15am

Morrisons 11.30am

Price: £17

13. Bexhill-on-sea – Tuesday 10th September

Bexhill-on-sea is a quaint seaside town that enjoys probably the best climate on the south coast. Its Victorian and Edwardian architecture has a magnetism which encourages those who leave to return, and those who visit to stay.

The promenade and gently sloping beach at low tide make for an idyllic location for a leisurely stroll. The De La Warr Pavilion and the newly-renovated King George V Colonnade, with gift shops and cafe, provide entertainment, live music and enjoyment throughout the year. And that's just the seafront...

Booking essential!

Coach pick-ups

Hollytree House 8am

The Horns 8.15am

Morrisons 8.30am

Price: £18



The Brighton Wheel

14. Nifties' quiz night – Friday 11th October

A fun packed evening of entertainment at Leavesden Green Hub. You can have a team of up to 6 people – but don't worry if you have less or are even on your own as we can make up teams on the night.

There will be a raffle on the night so can each team please bring a raffle prize with them?

Leavesden Green Hub

Clarke Green, off Clarke Way

WD25 0BW

6.00pm to 10.00pm

Price: £12 per person (includes a fish & chip supper)

£5 if you don't want to eat.



Bury St. Edmunds Christmas market

15. Burston Garden Centre – Wednesday 2nd & Thursday 10th October

Darran will show you how to get the best from your autumn/winter bedding displays with our hands on workshop. Compost, fertiliser and advice all free.

Bring your own container or basket and just pay for the plants you use. There's also a chance to win one of our pre-made containers for your patio.

10.30am – by the Information desk. Booking is essential as there are a limited number of places, so please call 01923 209183 to book.

16. Murder mystery night – Saturday 16th November

Back again by popular demand is our annual Murder Mystery Night! An evening of entertainment and food at Hollytree House, Gammons Lane. This year the theme is medieval – 'A knight to remember'.

Do you fancy giving it a go this year? No acting skills necessary!

Booking essential!

Hollytree House

5pm to 10pm

Price: £15 per person

17. Bury St. Edmunds Christmas fayre – Thursday 21st November

We are off to one of the best Christmas fayres around. There are over 300 festive stalls and entertainment by the locals. The market covers not only the high street, but also the beautiful abbey gardens. The Christmas fayre is not just about shopping as there are many places of interest in the town.

Booking essential!

Coach pick-ups

Hollytree House 10am

The Horns 10.15am

Morrisons 10.30am

Price: £12

18. Nifties' Christmas party – Friday 20th December

Come get into the Christmas spirit and celebrate with us!

There will be entertainment, a raffle and maybe even a few surprises too.

This is a party not to be missed.

Aldenhams Golf Club

1pm to 5pm

Price: £22

The small print –

- If you book an activity with limited spaces (even free ones) and then do not turn up without letting us know, thereby stopping someone else from attending, we reserve the right to refuse any future bookings.
- Please contact us if you have difficulty getting to any event and we will try to arrange transport for you.
- Please note that any profits made by activities will go back into providing future event/activities.
- Fees are non-refundable
- Enjoy yourselves!

Nifty booking form

Please **print** your details

Name:

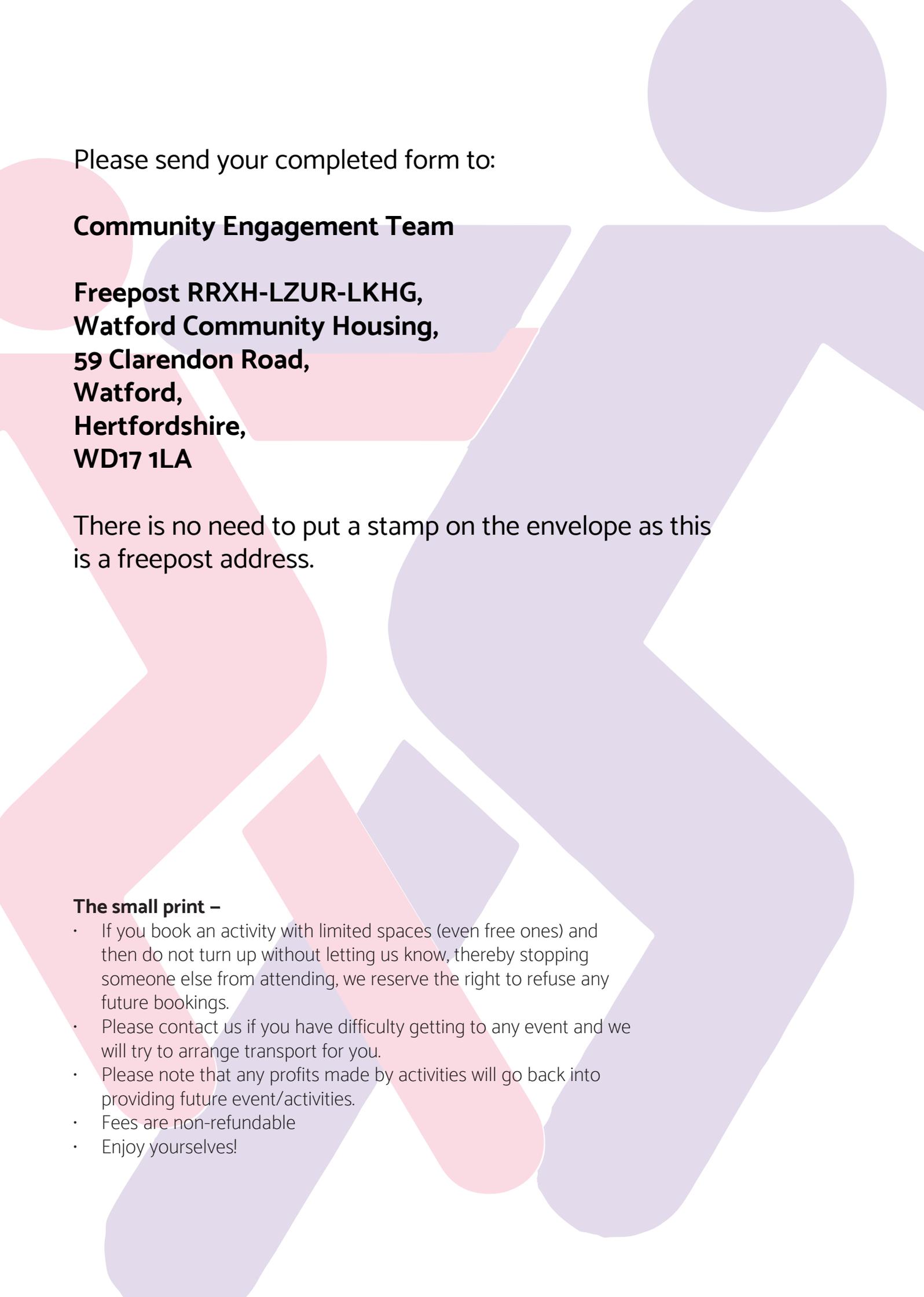
Address:

Phone: Email:

The following activities need to be booked, even free ones. For all activities, booking will be taken on a first come first served basis. A member of the committee will contact you to confirm all the details and to arrange collection of any applicable fees. If you do not turn up for a booked event without prior notice, we reserve the right to refuse any future bookings.

Activity number	Description	Date/session	No. of places available	Notes
9	Annual General Meeting	Tuesday 16 th April		
10	Canal trip	Tuesday 21 st May		Price - £15
11	Brighton trip	Thursday 13 th June		Price - £18
12	An afternoon at the dogs	Sunday 14 th July		Price - £17
13	Bexhill-on-sea trip	Tuesday 10 th September		Price - £18
14	Nifties' quiz night	Friday 11 th October		Price - £12 per person £5 without food
15	Burston garden centre	Wednesday 2 nd October & Thursday 10 th October		
16	Murder mystery night	Saturday 16 th November		Price - £15
17	Bury St. Edmunds Christmas fayre	Thursday 21 st November		Price - £12
18	Nifties' Christmas Party	Friday 20 th December		Price - £22

We will use the above information to contact you about the activities of the Nifty (Over) Fifty group, such as group events, trips and activities as well as updates about other aspects of the Group's work, from time to time. We will hold and process your personal information in accordance with data protection law, including in terms of your right to obtain a copy of all information constituting your personal data. The above information may be shared with other members of the group with your consent to enable it to be established. For more information about how we handle information and our commitments to protecting your privacy please contact us.

The background features two stylized human figures. One is pink and the other is purple, both rendered in a simple, rounded, geometric style. They are positioned behind the text, with the pink figure on the left and the purple figure on the right.

Please send your completed form to:

Community Engagement Team

**Freepost RRXH-LZUR-LKHG,
Watford Community Housing,
59 Clarendon Road,
Watford,
Hertfordshire,
WD17 1LA**

There is no need to put a stamp on the envelope as this is a freepost address.

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- Please note that any profits made by activities will go back into providing future event/activities.
- Fees are non-refundable
- Enjoy yourselves!



watford
community
housing

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WD17 1LA

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Watford Community Housing is a registered
society (30183) and is regulated by the Homes
and Communities Agency.