

Together in Watford: What's on Guide

May 2018 - July 2018

Welcome to Together in Watford - the simple, no-nonsense guide to what's going on locally for older people. We hope you enjoy the guide; please share it with anyone you think might be interested.

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You can contact us by sending an email to events@w3rt.org, telephone 01923 216950 or write to:

The Editor, Together in Watford,
Holywell Community Centre, Chaffinch Lane,
Watford, WD18 9QD

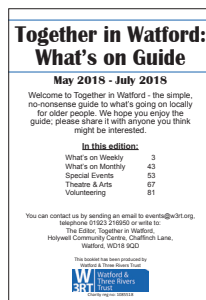
This booklet has been produced by
Watford & Three Rivers Trust



Charity reg no: 1085518

- Tell us ... about activities we've overlooked or missed out.
- Tell us ... what you like about the guide.
- Tell us ... what you want changed.
- Tell us ... if you'd like to receive a copy of the next edition.
- Tell us ... if you can help us compile information for the next edition.
- Tell us ... if you can help us distribute the guide.

You could advertise in this great magazine which is published quarterly and distributed to 1000 people around the Watford Area.
This **Together in Watford** guide is aimed towards older people.



This publication is produced by the
Watford and Three Rivers Trust,
with your contribution we can reach a
wider audience.

*Please contact events@w3rt.org or
telephone 01923 216950
To book a space in the next issue.*

What's on Weekly

Mondays

Men in Sheds

- When: Mondays and Thursdays - 10:00 am - 12:00 pm.
Where: Clitheroe Health and Wellbeing Centre, Clitheroe Gardens, South Oxhey, Watford, WD19 6RP.
What: Men in Sheds is 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

Love to Dance

- When: Mondays - 10:00 am - 12:00 pm.
Where: Tanner's Wood Hall, School Mead, Abbots Langley, WD5 0LA.
What: Discover this exciting programme of multiple dance styles and new routines. For people of any ability.
Who: Clare Bellchambers – contact 0203 675 7215.
Cost: £5.50 per session (first session free).

Karaoke

- 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 07474107314
Cost: Free.

Active Herts – Introduction to Activity

When: Mondays - 11.00am to 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.

Over 50, Fit and Fabulous

When: Mondays - 10.00 am to 11.00 am.

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

What: Get Fit, Lose Weight Exercise Class. A small group personal trainer led class for all fitness levels.

Who: *sandra@life1on1.co.uk - 07542 136747*

Cost: £24 per month.

Free Fit Club

When: Mondays, Wednesdays & Fridays - 7:00 pm - 8:00 pm.

Where: Central Primary School, Derby Road, Watford, WD17 2LX.

What: Open to all ages and fitness levels, great tailored workouts for all.

Who: Alison – *alison@wellnesscoach.life*.

Cost: Free.

Friendship Club

When: Mondays - 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: £19 including transport and lunch. £12.00 without transport.

The Guitar Project

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: Active Together - contact 01923 225531.
Cost: £65.00 per term.

**Star
Event**



Watford Folk Dance Group

When: Mondays - 8:00 pm - 10:00 pm.
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.

Lunchtime concert at the Purcell School of Music

When: Mondays, Tuesdays, Wednesdays & Fridays - 12:20 pm.
Where: The Purcell School, Aldenham Road, Bushey, WD23 2TS.
What: Free lunchtime concerts – term time only.
Who: concerts@purcell-school.org - contact 01923 331109.
Cost: FREE

Let's Dance

When: Mondays - 6.15 pm - 7.15 pm.
Where: Centrepont Community Centre, Raphael Drive,
Watford, WD24 4GY.
What: Varied dance for fitness
Who: Contact 01923 211058.
Cost: £2.50

Getting Together Welcome club – Sequence Dance

When: Mondays - 2.30 pm - 4.30 pm.
Where: Red Cross Community Centre, Community Way,
Croxley, WD3 3BH
What: Sequence dancing at the Getting Together Welcome
Club.
Who: Vanessa Wright - contact 01923 216961.
Cost: £1

Walking Football

When: Mondays - 8.00 pm - 9.00 pm.
Where: 3G Pitch Meriden Community Centre Garsmouth Way
Watford Herts WD25 9ET.
What: Football at a lower pace.
Who: Andrew Garlick - contact 01923 496391.
Cost: £4.

Over 50s Zumba

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 01923 353600
Cost: £6 (60+ discounted price of £4)

Back to Netball

- When: Mondays - 8.00 pm - 9.00 pm
Where: Watford Grammar School for Girls, Lady's Close, Watford, WD18 0AE (Sports Hall).
What: A gentle introduction to the sport for female players, learning new skills and having fun with friends.
Who: Freddy Chester - contact 01923 278242.
Cost: £3.50 per session.

Young at Heart Swimming

- When: Mondays - 3.00 pm - 4.00 pm.
Where: Watford Leisure Centre, Hempstead Road, WD17 3HA.
What: Sessions for adults 50 & over only to swim socially or in a lane provided.
Who: Get Active - contact 01923 296750.
Cost: £2.35 per session (pre-registration required).

The Highwood Women's Club

- When: Mondays – 7.30 pm - 9.30 pm.
Where: Highwood Primary School, Mead Way, Bushey, 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.

Disability Recreation Unity Movement (DRUM)

When: Mondays – 9:00 am – 3:00 pm.

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

What: Day activities and support for adults with physical
and/or sensory disabilities.

Who: DRUM – contact 01923 442114

Cost: £4 mornings, £4.50 afternoons including refreshments,
Lunch £3.50.

Active Herts – Tai Chi

When: Mondays – 12.30 pm – 1.30 pm.

Where: Meriden Community Centre, Gartsmouth Way,
Watford, Herts, WD25 9ET.

What: Improve health and wellbeing through physical activity.

Who: alison.goodchild@watfordfc.com – 07710 096398

Cost: Free for 12 then £2.50 thereafter.

Wellbeing Nordic Walking

When: Mondays – 10.30 am – 11:20 am.

Where: The Aquadrome, Frogmoor Lane, Rickmansworth,
WD3 1NB

What: Mixed ability walks for all ages led by an accredited
instructor.

Who: Contact via the website - sunshinenordicwalkers.co.uk

Cost: £5

Swimming for the over 60s

When: Mondays – 12:00 pm – 1:00 pm.

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

What: Three Rivers residents ages 60+ are able to swim for
free at the specified times and locations.

Who: William Penn Centre – contact 01923 771050

Cost: FREE

Free fit club

When: Mondays – 7:00 pm – 8:00 pm.

Where: Central Primary School, Derby Road, Watford, WD17 2LX.

What: Open to all ages and fitness levels. Tailored workouts for all.

Who: *Alison@wellnesscoach.life*

Cost: FREE

Painting and Drawing

When: Mondays – 1.00 pm – 3.00 pm (16 April – 2 July)

Where: The Centre, Gosforth Lane, Watford, WD19 7AX

What: A tutor led group for mixed ability who have some experience of using water colours and drawing pencil and who want to learn new painting techniques and skills.

Who: Jane Ross – contact 020 8420 1364

Cost: £60

A stitch in time knitting & crochet group

When: Mondays – 1.00 pm – 3.00 pm (16 April – 2 July)

Where: Step Up, 39 Oxhey Drive, South Oxhey, WD19 7SD.

What: For those who would like to improve their knitting and crochet skills, meet with others and share knowledge.

Who: Jane Ross – contact 020 8420 1364

Cost: £2 per session.

Café O – Coffee morning at St Oswalds Church

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 - 01923 710537

Cost: See online menu for prices.

Tuesdays

Music 24

- When: Tuesdays – (2nd & 4th 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: Music 24 aims to engage with people with a diagnosis of dementia and their carers. Allowing people to make music in a friendly, welcoming environment.
- Who: Teela – contact 07521 248091
- Cost: £5 per session.

Swimming for the over 60s

- 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+ are able to swim for free at the specified times and locations.
- Who: Sir James Altham pool – contact 020 8421 0211
- Cost: FREE

Seated Exercise

- 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 50's.
- Who: 01923 256360 / 0208 428 5507.
- Cost: £2

Extra Time

- When: Tuesdays - 10:00 am - 12:00 pm.
Where: Meriden Community Centre, Garsmouth Way, Watford, WD25 9ET.
What: Sessions designed to help people over 55 keep active and promote social inclusion.
Who: Watford FC Community Sports and Education Trust - contact 01923 894862.
Cost: £2 per session

Disability Recreation Unity Movement (DRUM)

- When: Tuesdays – 9:00 am – 3:00 pm.
Where: Parkgate Community Centre, Southwold Road, Watford, WD24 7DN
What: Day activities and support for adults with physical and/or sensory disabilities.
Who: DRUM – contact 01923 442114
Cost: £4 mornings, £4.50 afternoons including refreshments, Lunch £3.50.

Art Resource Centre

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

Getting Together Clubs - Rickmansworth

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

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

What: Getting Together Social Clubs. Lots of activities, gentle exercise, socialising and entertainment.

Who: Vanessa Wright - contact 01923 216967.

Cost: £1.00

Exercise classes for people with Parkinson's

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 Herts – Introduction to Activity

When: Tuesdays – 7.00 pm – 8.00 pm.

Where: Meriden Community Centre, Gartsmouth Way,
Watford, Herts, WD25 9ET.

What: Improve health and wellbeing through physical activity.

Who: alisongoodchild@watfordfc.com - 07710 096 398.

Cost: Free for 12 then £2.50 thereafter.

United Friends Club

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

Where: Watford Elim Church, Leavesden Road, Watford,
WD24 5BD.

What: To improve the health and lifestyles of the community through engagement, information, diet and exercise.

Who: Watford African Caribbean Association -
leslie@waca.org.uk.

Cost: Free - donations welcome.

Tea Dance

When: Tuesdays - 2:00 pm - 4:05 pm.

Where: Beechen Grove Baptist Church, 2nd Floor, 30 Clarendon Road, Watford, WD17 1JJ.

What: An afternoon tea dance. Mix, mingle, make new friends and enjoy dancing.

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

Cost: £5.00 includes free refreshments.

Gospel Arts Manna Choir

When: Tuesdays - 7:30 pm – 9.00 pm

Where: Gospel Arts Manna, Community Hall, ASDA Superstore, St. Albans Road, Watford, WD24 7RT.

What: The Gospel Arts Manna Choir is a busy community choir. For all ages, abilities and experience levels.

Who: *info@gospelmanna.com* / 0777 555 9554

Cost: Free.

Friendship Club

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: £19 including transport and lunch. £12.00 without transport.

Watford Open Mic @ The Pump House

When: Tuesdays - 8:30 pm.

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

What: All styles are welcomed.

Who: Pump House Theatre & Arts Trust - 0300 302 0811.

Cost: £3.00 per session.

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.

Cost: Free but donation for running costs welcome.

Meet & Greet

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 services that promote the wellbeing and independence of the over 50s.

Who: Subhash Arora – contact 01923 251132.

Cost: Please enquire for prices.

Seated Exercise

When: Tuesdays - 10:30 am - 11.30 am.

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

What: A gentle exercise class.

Who: Hertfordshire Age UK - contact 0208 428 5507.

Cost: Please enquire for prices.

Heartfulness

When: Tuesdays – 9.30 am – 10.30 am

Where: Asda community room, St Albans Road, WD24 7RT.

What: Free meditation session.

Who: Contact – 01923 250380

Cost: FREE

Royal British Legion Jive Class

When: Tuesdays - 8.00 pm (beginners) followed by a rock 'n' roll jive disco 9.00 pm – 11.00 pm.
Where: Royal British Legion, 161 Watford Road, Croxley Green, Rickmansworth, WD3 3ED.
What: Learn to Rock 'n' Roll.
Who: djjiveboy@hotmail.co.uk / 07928 711938.
Cost: £6 per class

Chinese Elders' Community Language Class

When: Tuesdays 10.30 am - 11.30 am
Where: Watford Palace Theatre, 20 Clarendon Road, WD17 1JZ.
What: Language classes for the Chinese elder's community.
Who: participation@watfordpalacetheatre.co.uk 01923 810307.
Cost: Please enquire for pricing.

Chinese Elders' Lunch Club

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.

Fit for Life – Selection Box

When: Tuesdays - 10:00 am - 11.00 am.
Where: YMCA, Charter Place, Watford, WD17 2RT
What: A dedicated selection of activities to help keep you fit, healthy and on the move in later life. Available to all 60+ members
Who: YMCA Health Club – contact 01923 353 600
Cost: £6.00 (discounted rate of £4 for over 60s)

Swimming for the over 60s

When: Tuesdays – 8:00 am – 9:00 am.

Where: Watford Leisure Centre, Woodside, Horseshoe Lane, Watford, WD25 7HH

What: Three Rivers residents ages 60+ are able to swim for free at the specified times and locations.

Who: Watford Leisure Centre – contact 01923 892710

Cost: FREE

Creative and Sewing Clubs – Watford CreatorSpace

When: Tuesdays – 11:00 am – 1:00 pm.

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

What: Creative Club & Sewing clubs held on alternate Tuesdays. Come and use the facilities such as their digital cutter. Open to all to come and share creations, tips and tricks.

Who: Watford Leisure Centre – contact 0300 123 4049

Cost: £2

50+ Exercise Class

When: Tuesdays - 10:00 am – 11:00 am.

Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.

What: Exercise class to help movement, wellbeing and confidence.

Who: June – contact 01923 220981

Cost: Taster session £3 or £20 per month.

Watford Rock Choir

- When: Tuesdays (term time only) - 8:00 pm – 9:30 pm.
Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.
What: Contemporary choir, singing pop, rock and chart music with no auditions and no need to read music.
Who: office@rockchoir.com – contact 01252 714276
Cost: Free taster session then £100 per term.

TCV Watford Green Gym

**Star
Event** 

- When: Tuesdays - 10.00 am - 1.00 pm
Where: Colne River Park (Opposite Knutsford playing fields), Radlett Road, Watford,
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.

Dine Out Lunch Club

- When: Tuesdays – 12:00 pm - 2:00 pm.
Where: Centrepont Community Centre, Raphael Drive, Watford, WD24 4GY.
What: Lunch club for the over 50s.
Who: Michelle or Sandra – contact 0123 211058
Cost: Please enquire for prices.

Decoupage Divas Group

- When: Tuesdays – 1.30 pm – 4.00 pm (17 April – 3 July)
Where: Step Up, 39 Oxhey Drive, South Oxhey, WD19 7SD.
What: A self organised group who have fun making all sorts of decoupage projects. Bring your own materials!
Who: Jane Ross – contact 020 8420 1364
Cost: £2.50 per session.

Hertswise

Are you living with dementia or worried about memory loss?

Age UK are proud to introduce Hertswise, a countywide service designed for people living with dementia, low level memory loss or mild cognitive impairment, and their friends, family and carers.

Hertswise can offer:

- Information and advice for all aspects of your life.
- Activities and groups designed by you.
- One to one support.
- Carers support groups and advice.
- Assistive technology information and advice.
- Specialist Advisers
- Help to connect with specialist providers for enhanced levels of support, if you are ready, such as Dementia UK, Alzheimer's Society and Carers in Hertfordshire.

Get the support that's right for you, delivered in a way that best suits your needs.

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

Monday to Friday, 8am-6pm on 0300 123 4044.

Wednesdays

New Connections

- 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: This class explores gentle movement sequences that gradually increase joint mobility and muscular strength.
- Who: Laura – contact 01923 232297.
- Cost: Free.

Seated Exercise

- When: Wednesdays - 10:00 am - 11:00 am.
- Where: Centrepont Community Centre, Raphael Drive, Watford, WD24 4GY.
- What: Seated exercise for all ages and abilities.
- Who: Watford Borough Council - contact 01923 211058.
- Cost: £2 per session.

Community Coffee Morning

- 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: Free.

Coffee Break

- When: Wednesdays - 11:00 am - 1:00 pm.
Where: Centrepont Community Centre, Raphael Drive, Watford, WD24 4GY.
What: Coffee morning for great fun and company.
Who: Watford Borough Council - contact 01923 211058.
Cost: 50p or small donations welcome.

Getting Together Clubs – Abbots Langley

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

Swimming for the over 60s

- 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+ are able to swim for free at the specified times and locations.
Who: William Penn Centre – contact 01923 771050
Cost: FREE

Stroke Support & Yoga Group

- When: Wednesdays - 1:00 pm - 3:00 pm.
Where: Parkgate Community Centre, Southwold Road, Watford, WD24 7DN.
What: An informal and friendly support group, helping you cope with everyday life after a stroke.
Who: DRUM - contact 01923 442114.
Cost: £4.00 per session.

Short Mat Bowls Club

When: Wednesdays - 1:00 pm - 3:00 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: £2.00 per session.

Walking Football

When: Wednesdays - 6:00 pm - 7:00 pm.

Where: Watford Grammar Schools for Girls, Lady's Close, Watford, WD18 0AE.

What: Bringing the beautiful game to over 40's. Drop in sessions where you can play at your own pace.

Who: Andrew Garlick - 01923 496391.

Cost: Free.

Community Choir

**Star
Event**



When: Wednesdays - 7:30 pm - 9:00 pm.

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: £60.00 (ten sessions).

Cost: £10.00 (annual contribution).

Sahaja Yoga

- When: Wednesdays – 19:30 pm - 9:00 pm.
Where: Centrepont Community Centre, Raphael Drive, Watford, WD24 4GY.
What: A simple, time-honoured meditation technique accessible to all and a great way to relax.
Who: Watford Borough Council - contact 01923 211058.
Cost: FREE (small donations welcome)

Learn to Dance Salsa

- When: Wednesdays – 7:15 pm – 8:15 pm
Where: Oxhey Hall Community Hall, King Edward Road, WD19 4DA
What: An eight week Salsa dance course to learn the basics.
Who: Richard's Dance Academy – contact 07956 207458.
Cost: £65 for 8 week course.

Watford Ex-Services & Social Club – Bingo Night

- When: Wednesdays - 8:00 pm.
Where: Watford Ex-Services & Social Club, 12-14 St. Albans Road, Watford, WD17 1BN.
What: A classic night of fun and competition!
Who: watfordexservce@hotmail.co.uk – 01923 236687.
Cost: 50p entrance and bingo ticket price.

Art Resource Centre

- When: Wednesdays - 10:00 am - 2:00 pm.
Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.
What: Providing facilities for artists and non-artists alike. The sessions provide an open and creative space to share ideas and skills, opportunities to meet other local artists, access to an extensive art library and facilities.
Who: Francis Smith - contact 01923 210639.
Cost: £6.00 per session.

Hertfordshire Health Walks – Watford

- When: Wednesdays - 10.30 am for fast pace, or 11.10 am for first steps.
- Where: Cassiobury Park, Watford, WD18 7LN (Meet at The Cha Cafe by tennis courts).
- What: Health-focused walks getting people more active.
- Who: Sian Price – contact 01992 588433.
- Cost: Free.

Line Dancing with Friends

- When: Wednesdays - 12:15 pm.
- Where: YMCA Charter Place, Watford, Hertfordshire, WD17 2RT.
- What: Line dancing group.
- Who: Vicky Keough – contact 01923 353607.
- Cost: £6.

Young at Heart Swimming

- When: Wednesdays - 3.00 pm - 4.00 pm.
- Where: Watford Leisure Centre, Hempstead Road, WD17 3HA.
- What: Sessions for adults 50 & over only to swim socially or in a lane provided.
- Who: Get Active - contact 01923 296750.
- Cost: £2.35 per session (pre-registration required).

Friendship Club

- 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: £19 including transport and lunch. £12.00 without transport.

Tai Chi

When: Wednesdays - 11.00 am - 12.00 pm.

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

What: Tai Chi Class that can be completed from a seated or standing position allowing access to all.

Who: Hertfordshire Age UK - contact 0208 428 5507.

Cost: Free

Italian Class

When: Wednesdays – 6.30 pm & 7.30 pm.

Where: Stanborough Park Church, 609 St Albans Road, Watford, WD25 9JL

What: Weekly Italian classes.

Who: Annalisa Buraglio - *annalisa.buraglio@gmail.com*

Cost: Please enquire for pricing.

Bingo

When: Wednesdays - 1.30 pm - 3.00 pm.

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

What: A regular bingo afternoon.

Who: Hertfordshire Age UK - contact 0208 428 5507.

Cost: Please enquire for prices.

TCV Cassiobury Park Green Gym

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 planning, wildflower sowing and food growing. Open to all.

Who: 07541 659 146 or email *cassioburygg@gmail.com*

Cost: Free.

Fit for Life – Scrabble Club

When: Wednesdays – 2:00 pm – 4:00 pm.
Where: YMCA, Charter Place, Watford, WD17 2RT
What: A scrabble club available to all 60+ members
Who: YMCA Health Club – contact 01923 353 607
Cost: £6.00 (discounted rate of £4 for over 60s)

Disability Recreation Unity Movement (DRUM)

When: Wednesdays – 1:00 pm – 3:00 pm.
Where: Parkgate Community Centre, Southwold Road, Watford, WD24 7DN
What: Day activities and support for adults with physical and/or sensory disabilities.
Who: DRUM – contact 01923 442114
Cost: £4.00 including refreshments.

Free fit club

When: Wednesdays – 7:00 pm – 8:00 pm.
Where: Central Primary School, Derby Road, Watford, WD17 2LX.
What: Open to all ages and fitness levels. Tailored workouts for all.
Who: *Alison@wellnesscoach.life*
Cost: FREE

Thursdays

Extra Time

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

Where: 1881 Suite, Vicarage Road Stadium, Vicarage Road, 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, *mark.smith@watfordfc.com* - contact 01923 496385.

Cost: £3.00 including refreshments.

Scottish Country Dancing

When: Thursdays – 8.30 pm – 10.30 pm.

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

What: Classes are led by a rota of Royal Scottish Country Dance Society qualified teachers, senior members, and guest teachers. Beginners welcome.

Who: Rose Kreloff – contact 07880 842370

Cost: £4.

50+ Exercise Programme

When: Thursdays - 10:45 am – 12:45 pm.

Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.

What: First hour with fitness instructor and second hour play games such as table tennis, badminton and cricket.

Who: Pat Purkiss – *paurkiss@gmail.com*

Cost: Taster session free, £5 per session thereafter.

Sew Inspired Group

When: Thursdays – 1.00 pm – 3.00 pm (19 April – 28 June)
Where: Step Up, 39 Oxhey Drive, South Oxhey, WD19 7SD.
What: For those who would like to improve their knitting and crochet skills, meet with others and share knowledge.
Who: Jane Ross – contact 020 8420 1364
Cost: £2 per session.

Getting Together Clubs – Holywell

When: Thursdays - 10:00 am - 2:00 pm.
Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.
What: Lots of activities suited to all abilities, meeting friends, and having fun.
Who: Vanessa Wright - contact 01923 216967.
Cost: £1.00

Friendship Club

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: £19 including transport and lunch. £12.00 without transport.

Learn to Dance Argentine Tango

When: Thursdays – 7:15 pm – 8:15 pm
Where: Oxhey Hall Community Hall, King Edward Road, WD19 4DA
What: An eight week Argentine Tango course to learn the basics of this dance.
Who: Richard's Dance Academy – contact 07956 207458.
Cost: £65 for 8 week course.

Getting Together Clubs – Croxley

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

Where: Red Cross Centre, Community Way, Croxley Green, WD3 3HB.

What: Getting Together Social Clubs. Lots of activities, exercise, socialising and entertainment.

Who: Vanessa Wright - contact 01923 216967.

Cost: £1.00

Getting Together Clubs - Halsey

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

Where: Halsey Masonic Hall, Rickmansworth Road, Watford, WD18 0JE.

What: Getting Together Social Clubs. Lots of activities, exercise, socialising and entertainment.

Who: Vanessa Wright - contact 01923 216967.

Cost: £1.00

Love to Dance

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

Where: Rickmansworth Baptist Church, High Street, Rickmansworth, WD3 1EH.

What: Discover this exciting programme of multiple dance styles and new routines. For people of any ability.

Who: Active Together - contact 0203 675 7215.

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

Fit for Life - Aerobics

When: Wednesdays - 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 60s)

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+ are able to swim for free at the specified times and locations.

Who: Sir James Altham pool – contact 020 8421 0211

Cost: FREE

Netball Now

When: Thursdays – 7.00 pm – 8.00 pm.

Where: Bushey Grove Leisure Centre, Aldenham Road, Bushey, WD23 2TD.

What: A simple straight forward way to play netball. It's not a coached session, or a competition led by rules or scores recorded, it's simply a session that you turn up, pay a small fee and play a game of netball.

Who: *Kirsty.feasey@watford.gov.uk / 01923 278242.*

Cost: £3.00 per session.

One Voice Community Choir

When: Thursdays - 7:30 pm.

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: £3.50 per session.

Argentine Tango Classes

When: Thursdays - 8:00 pm – 10:30 pm.

Where: YMCA Orbital Community Centre, Haines Way, Watford, WD25 7QU.

What: Argentine Tango classes and practise sessions.

Who: Steve – contact 07848 687455

Cost: £8.00 per session.

Dance for Parkinson's

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. Join us to develop your flexibility and instill confidence whilst assisting movement and balance.

Who: 01923 776611

Cost: £3 (carers free)

Pump House Jazz Club

When: Thursdays - 8:15 pm.

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

What: Leading UK venue for traditional and Dixieland Jazz.

Who: Pump House Theatre & Arts Trust - contact 0333 666 3366.

Cost: £10.00 per session.

TCV Watford Green Gym

When: Thursdays - 10.00 am - 1.00 pm
Where: Colne River Park (Opposite Knutsford playing fields),
Radlett Road, Watford,
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.

Neurobics ‘Brain & Body Fitness’ workshops

When: Thursdays - 11:00 am - 12:00 pm (24 May – 19 July).
Where: Holywell Community Centre, Chaffinch Lane, Watford,
WD18 9QD.
What: Learning cutting-edge strategies to improve memory,
speed of reaction, problem solving, mobility and
general well-being for the over 55's.
Who: Steve Wax – contact 07966 000660.
Cost: £7.50 per session.

Dig Deep Gardening & Conservation

**Star
Event**



When: Thursdays - 10:00 am - 3:00 pm
Where: Dig Deep Allotment, Newport Mead, WD19 6EW
What: To allow people to practice their gardening skills on an
allotment which includes vegetable and fruit plots, bog
garden, pond, polytunnel and a composting loo!
Who: Jane Ross – contact 020 8420 1364.
Cost: FREE.

Dig Deep Wildlife Watch

When: Thursdays - 2:00 pm - 4:00 pm (2 May – 27 June)
Where: Dig Deep Allotment, Newport Mead, WD19 6EW
What: How to attract wildlife, making bird feeders, insect
hotels, wildlife identification, complimentary planting.
Who: Jane Ross – contact 020 8420 1364.
Cost: £12.50

Satsang Singing Ladies

When: Thursdays - 12.00 pm - 3.00 pm.

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

What: Elders' Hindu devotional singing group.

Who: *participation@watfordpalacetheatre.co.uk* – contact 01923 810307.

Cost: Please enquire for pricing.

Reading Matters

When: 2nd and 4th Thursday each month 10.00 am - 11.30 am

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.

Learn to play bridge

When: Thursdays 5 October to 21 December & 11 January to 29 March 2.00 pm – 4.30 pm

Where: Bushey Sports Club, Aldenham Road, WD23 2TR

What: Beginners lessons – first lesson free

Who: David Eddleston – contact 05601 114 470

Cost: £100 per term (12 lessons)

Disability Recreation Unity Movement (DRUM)

When: Thursdays – 9:00 am – 3:00 pm.

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

What: Day activities and support for adults with physical and/or sensory disabilities.

Who: DRUM – contact 01923 442114

Cost: £4 mornings, £4.50 afternoons including refreshments, Lunch £3.50.

Fridays

Getting Together Clubs – Horwood Court

When: Fridays - 11:30 am – 2:00 pm.
Where: Horwood Court, Hillrise Avenue, Watford, WD24 7NG.
What: Getting Together Social Clubs. A modicum of activities, socialising and entertainment.
Who: Vanessa Wright - contact 01923 216967.
Cost: £1.00

Getting Together Clubs - Leavesden

When: Fridays - 11:00 am - 3:00 pm.
Where: Leavesden Green Community Hub, Clarke Green, Watford, WD25 0BW.
What: Getting Together Social Clubs. A modicum of activities, socialising and entertainment.
Who: Vanessa Wright - contact 01923 216967.
Cost: £1.00

Friday Coffee and Art

When: Fridays - 10:30 am.
Where: St. John's Church, Sutton Road, Watford, WD17 2QQ.
What: Budding artists will enjoy our informal "coffee and art" sessions which follow our morning mass on Friday.
Who: St. John's Church Watford - contact 01923 236174.
Cost: Free.

**Star
Event**



Swimming for the over 60s

When: Fridays – 3:00 pm – 4:00 pm.

Where: Watford Leisure Centre, Woodside, Horseshoe Lane, Watford, WD25 7HH

What: Three Rivers residents ages 60+ are able to swim for free at the specified times and locations.

Who: Watford Leisure Centre – contact 01923 892710

Cost: FREE

Active Herts – Introduction to Activity Gym

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 activity gym.

Who: alisogoodchild@watfordfc.com - 07710 096398.

Cost: Free for 12 weeks, then £2.50 thereafter.

Friendship Club

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: £18 including transport and lunch. £11.50 without transport.

Coffee Morning

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

Active Herts – Introduction to Activity

When: Fridays - 11.30 am – 12.30 pm
Where: Watford Leisure Centre, Peace Prospect, Watford, WD17 3HA
What: Improve health and wellbeing through physical activity.
Who: *alisongoodchild@watfordfc.com* - 07710 096 398.
Cost: Free for 12 then £2.50 thereafter.

Scrabble Club

When: Fridays - 2:00 pm.
Where: Watford Museum, 194 Lower High Street, WD17 2DT.
What: Want to improve your word score? Join our friendly Scrabble Club for a game at the museum.
Who: Watford Museum – contact 01923 232297.
Cost: £1.50 per session

Ladies Only Swimming

When: Fridays - 5:00 pm - 6:00 pm.
Where: Watford Leisure Centre, Hempstead Road, WD17 3HA.
What: Whether you're learning or wish to swim at your own pace, there is a session for you.
Who: Get Active - contact 01923 296750.
Cost: £1.80 per session.

Ladies Only Aqua Aerobics

When: Fridays - 6:00 pm – 7.00 pm.
Where: Watford Leisure Centre, Hempstead Road, WD17 3HA.
What: Aqua aerobics class.
Who: Get Active - contact 01923 296750.
Cost: £3.30 per session.

Ballroom Dancing

- When: Fridays - 7:30 pm - 8:30 pm & 8.30 pm – 9.15 pm
beginners
- Where: Beechen Grove Baptist Church, 30 Clarendon Road,
Watford, WD17 1JJ.
- What: Beginner and improvers classes followed by practise.
- Who: Linda - 07931 383503 or Ian - 07508 570582.
- Cost: £8.00 class, £7.00 practise, £11.00 both.

50+ Exercise Class

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

Free fit club

- When: Mondays – 7:00 pm – 8:00 pm.
- Where: Central Primary School, Derby Road, Watford, WD17
2LX.
- What: Open to all ages and fitness levels. Tailored workouts
for all.
- Who: *Alison@wellnesscoach.life*
- Cost: FREE

Watford Folk Club

When: Fridays - 8:00 pm.

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

What: Home to the best in acoustic, blues, roots and both modern and traditional folk music.

Who: Pump House Theatre & Arts Trust - contact 01923 241362.

Cost: £5.00 (Guest nights £7 - £12).

Love to Dance

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

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

What: Discover this exciting programme of multiple dance styles and new routines. For people of any ability.

Who: Active Together - contact 0203 675 7215

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

Young at Heart Swimming

When: Fridays 3.00 pm – 4.00 pm.

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

What: Sessions for adults 50 & over only to swim socially or in a lane provided.

Who: Get Active - contact 01923 296750.

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

Dinner Bell

- When: Fridays 12.00 pm - 2.00 pm (term time only).
Where: All Saints' Church, The Green, Croxley Green, Rickmansworth, WD3 3HJ.
What: Lunch for the local community in the Church Hall. The menu will have hot meals, homemade soup, pudding and also rolls & sandwiches which are made to order.
Who: 01923 772109.
Cost: Reasonable prices, varies dependent on menu choice.

Over 50, Fit and Fabulous

- When: Fridays – 9.30 am – 10.30 am
Where: Holywell Community Centre, Chaffinch Lane, Watford, WD18 9QD.
What: Get Fit, Lose Weight Exercise Class. A small group personal trainer led class for all fitness levels.
Who: *sandra@life1on1.co.uk* - 07542 136747
Cost: £24 per month

Restorative Yoga

- When: Fridays - 10:00 am - 11:30 am.
Where: Centrepont Community Centre, Raphael Drive, Watford, WD24 4GY.
What: Restorative Yoga for ages 50+
Who: Watford Borough Council - contact 01923 211058.
Cost: £9 per session.

Wellbeing Nordic Walking

- When: Fridays – 10.00 am – 10:45 am.
Where: Leavesden Country Park, College Road, Abbots Langley, WD5 0GN.
What: Mixed ability walks for all ages led by an accredited instructor.
Who: Contact via the website - *sunshinenordicwalkers.co.uk*
Cost: £5

Chair Yoga

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, flexibility and balance and will help to relieve aches and pains all in the comfort of a chair.
Who: Gina – contact 07905 410431
Cost: £3.50.

Pottery classes

When: Fridays – 10.30 am – 12.30 pm
Where: Bushey Pottery, 32 Chalk Hill, Watford, WD19 4BX
What: Pottery class for adults – suitable for beginners and those with some experience. Hand building techniques and throwing on the wheel.
Who: Contact – 07920 062610
Cost: £150 for ten 2 hour classes.

Inspire Lunch

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

Saturdays

Getting Together Welcome Club - Croxley

When: Saturdays – 2.30 pm – 4.30 pm.

Where: Red Cross Centre, Community Way, Croxley Green, WD3 3HB.

What: Getting Together Social Clubs. Lots of activities, exercise, socialising and entertainment.

Who: Vanessa Wright - contact 01923 216967.

Cost: £1.00

The Friends of Care Homes – Evening out in the afternoon

When: Saturdays – 2.30 pm – 4.30 pm

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

What: Live entertainment with games, sing a-longs, tea & coffee, cakes and sweets. Transport available

Who: Contact - 01923 289890.

Cost: £6.00

Yoga on The Bandstand

When: Saturdays – 10.00 am – 11.00 am

Where: Cassiobury Park, Community Hub

What: Traditional Hatha suitable for beginners, however those with a regular practice are more than welcome.

Who: Caroline Roach - contact 01923 278242.

Cost: £3.00

Vathalayam Spiritual Group

When: Saturdays – 6:30 am – 10.30 am

Where: Centrepont Community Centre, Raphael Drive, Watford, WD24 4GY.

What: Study and discuss ancient Indian Vedic Scriptures.

Who: Contact - 01923 211058.

Cost: FREE

Sundays

Watford Indian Association – Yoga Class

When: Sundays - 9:00 am - 10:30 am.

Where: Centrepont Community Centre, Raphael Drive, Watford, WD24 4GY.

What: Supporting and creating a community for Indians in Watford. Weekly and one-off events.

Who: Watford Indian Association - contact 07730 735781.

Cost: £3.00 per session.

Watford and Hemel Armed Forces & Veteran's Breakfast Club

When: Every 2nd Sunday of the month – 9:30 am

Where: The Kings Lodge, 28 Bridge Road, Hunton Bridge, WD4 8RQ.

What: Breakfast club. Anyone with a link to the Armed Forces past or present are welcome to join.

Who: Contact – 01133 281148.

Cost: FREE

Come and meet your Hospital & Community Navigator

**On Wednesday 6th June 1pm-3pm at
the Holywell Community Centre,
Chaffinch Lane, Watford, WD18 9QD.**

The Hospital & Community Navigator service has been set up to help people leaving hospital and to help people to receive advice and support in their own homes. Come and learn more about what it can do for you.

Please join us and other partners for a showcase of this exciting Countywide service - and a buffet.

Guest speaker - Dr Marie-Anne Essam
and presentations by
Age UK & British Red Cross

Contact tracy.webber@hertfordshire.gov.uk
if you would like more details, or if you wish to hold
an information stall. Please email to reserve a place,
further details will be sent out closer to the event.

What's on Monthly

Dementia Friendly Chorleywood - Connections

When: First Monday of every month - 10.30 am - 12.30 pm.

Where: Christ Church, The Common, Rickmansworth Road, Chorleywood, WD3 5SG.

What: A friendly and welcoming club for those living with, or caring for, those with dementia. A chance to exercise, meet new people and gain extra support as a carer.

Who: Contact - 01923 216953

Cost: £5

Come, Share, Sing – Harmonies of the Heart

When: 1st Monday of every Month – 7.30 pm – 9:30 pm.

Where: Lemarie Centre, 524 St Albans Road, Watford, WD24 7WF.

What: Get together, open the hearts and awaken the soul by sharing songs, experiences, journeys and light refreshments.

Who: Contact – 07788 566313.

Cost: By donation.

Watford Heart Support Group

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).

Watford & Bushey Art Society Talk

- When: 1st Tuesday of every Month - 19:30 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: WBAS – contact 07939144910
Cost: Free for members, £4 for visitors payable at the door.

West Watford Board Games Club

- When: Every 4th Tuesday of every month - 7.15 pm
Where: D20 Café, 87 Queen's Road, WD17 2QN.
What: Bored? Board! Join the West Watford Board Game Club, meeting once a month to play games, learn new ones and fellowship with fellow members of the community.
Who: *danielt@x1church.com*
Cost: £3.00.

Mindfulness practice

- When: First Tuesday of every Month - 6.00 pm & 7.00 pm
Where: Watford Central Library, Hempstead Road, WD17 3EU
What: A drop in Mindfulness meditation practice, doors open at 5.30pm for a chance to socialise and catch up before we begin at 6.00 pm. Refreshments available before and after session.
Who: 0300 123 4049
Cost: £5 suggested donation

Knit and Natter

When: First Tuesday of every Month – 10.00 am – 11.00 am

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

What: A warm welcome offered to all. New members bring along your crafts to share or ask for help. Tea and coffee provided.

Who: 0300 123 4049

Cost: FREE

Watford Deaf Club

When: 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 retired deaf people around Watford to meet and chat, have refreshments and cake.

Who: Hilary Rundell - contact by text on 07979392296.

Cost: £3.00 per session.

Lunch Club

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

Where: Abbots Langley Baptist Church,

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

Who: Paul Brooks – contact 07724 396675.

Cost: £3.00

Coffee Morning at The Tin Church

When: First Wednesday of every month - 10.00 am - 12.00 pm.

Where: The Church of the Ascension, Church Hill, Bedmond, WD5 0RN.

What: Church coffee morning

Who: 01923 261795

Cost: FREE

Women's Institute

- 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: Women's Institute Hertfordshire Federation - contact 01582 834010.
Cost: Membership fees.

Watford Deaf Club

- When: First Wednesday of every month - 7:30 pm - 10:30 pm.
Where: Harebreaks Community Hub, The Harebreaks, Watford, WD24 6JN.
What: A social club for retired 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.

Open House Tea & Cakes

- When: 1st and 3rd 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: Revd. Derek McLean – contact 01923 261717
Cost: Free.

Watford and Bushey Phab Club

- When: first Wednesday of every month - 7:00 pm - 9:00 pm.
Where: Centrepont Community Centre, Raphael Drive, Watford, WD24 4GY.
What: Social club for able-bodied and disabled people with social activities, games and learning experiences.
Who: *brianlinnegar@hotmail.com* – 07956 310298.
Cost: 75p.

WI Craft afternoon

When: 1st Wednesday of every Month – 2:10 pm – 5:10 pm.
Where: Beechen Grove Baptist Church, 28 Clarendon Road, Watford, WD17 1JJ
What: Craft afternoon with Marion Fox for WI members only.
Who: Rose D Souza – contact 01923 211612.
Cost: Free

Watford and Bushey Phab Club

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

WI Craft afternoon

When: 3rd Wednesday of every Month – 2:00 pm – 5:00 pm.
Where: Pump House Theatre, 5 Local Board Road, Watford, WD17 2JP.
What: Craft afternoon with Marion Fox for WI members only.
Who: Rose D Souza – contact 01923 211612.
Cost: Free.

Watford and Bushey Phab Club

When: Last Wednesday of every month - 7:00 pm - 9:00 pm.
Where: The Flag 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.

Flower arranging club

When: Last Wednesday of every month - 7.00 pm - 7.30 pm.

Where: Stanborough Centre, 609 St Albans Road, Garston, Watford, WD25 9JL.

What: Club demonstrations given by qualified NAFAS demonstrator. All arrangements are raffled.

Who: Elaine Enstone – contact 01582 760709.

Cost: Please enquire for pricing.

Royal British Legion Coffee Mornings

When: First Thursday of every month - 10:30 am - 12:00 pm.

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

What: Coffee mornings open to all - price includes unlimited tea and biscuits. Cakes and bric-a-brac are also on sale. You are most welcome to drop in on the day.

Who: Denise Coleman – contact 07758 166604

Cost: £1.50 per session.

Book swap and craft club Meeting

When: 3rd Thursday of every Month – 2:00 pm – 4:00 pm.

Where: St Matthew's Church Hall, Eastbury Road, Oxhey, Watford WD19 4ST.

What: Bring along your books to swap, your knitting, crochet etc to do and join the social get together with tea/coffee and homemade cakes.

Who: bookswap@stmathewsoxhey.org.uk - contact 01923 635625.

Cost: Free.

Social Group for people living with Parkinson's, their friends and carers

When: 2nd 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.

**Star
Event** 

Watford Area Memories Group

When: 2nd to last Friday of every Month - 2:00 pm – 4:00 pm.
Where: West Watford Community Centre, 15 Harwoods Road, Watford, WD18 7RB.
What: Reminiscence sessions discussion topics such as what it was like living in Watford before or during the 1950s, our favourite wireles programmes.
Who: Vanessa – contact 01923 235488
Cost: Free.

Watford Ex-Services & Social Club – Quiz Night

When: Last Friday of every month - 7:00 pm.
Where: Watford Ex-Services & Social Club, 12-14 St. Albans Road, Watford, WD17 1BN.
What: Big Doug's big quiz night!
Who: watfordexservice@hotmail.co.uk – 01923 236687.
Cost: Free.

Saturday Night Social Dance

When: 12 May, 16 June and 14 July - 8.00 pm.
Where: Beechen Grove Baptist Church, 30 Clarendon Road, Watford, WD17 1JJ.
What: Social dancing with great music and atmosphere.
Who: Linda - 07931 383503 or Ian - 07508 570582.
Cost: £8.00.

Bingo Night

- When: First Saturday of every month - 6.30 pm – 8.30 pm
Where: Centrepont Community Centre, Raphael Drive, Watford, WD24 4GY
What: A monthly bingo night in the heart of the Meriden Community.
Who: Margaret Mills – contact 01923 662119
Cost: 75p a book.

1940s Experience Public Opening

- When: Last Sunday of every 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@fortiesexperience.co.uk* - 01923 233841.
Cost: £5.00 (conc. £3.00).

The Little Gallery Tearoom

- 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. Join the regular knitting ladies for great inspirations.
Who: Watford Museum - 01923 232297.
Cost: FREE



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



Community Cars provides essential journeys for those unable to use public transport. We provide transport for those with mobility or sensory issues or are recovering from an operation or general ill health.

Community Cars serves Watford and Three Rivers and provides a safe, reliable and affordable service. Our team of friendly volunteer drivers use their own cars to provide transport to medical appointments, day centers, social engagements, to visit relatives and much more. Journeys are charged at 45p per mile.

We take requests from individuals as well as referrals from professionals. To book a journey or to find out more about becoming a volunteer please call 01923 216964.



www.communitycars.help

Outings, Trips & Special Events

National Trust Talk

When: Thursday 3 May - 8.00 pm – 10.00 pm.

Where: Stanborough Centre, 609 St Albans Road, Garston, Watford, WD25 9JL.

What: Josh Kalms is the Hertfordshire Wildlife Trust's People and Wildlife Officer for Affinity Water Sites. He will give an overview of the Affinity Biodiversity Project and the work involved in it.

Who: Brian Adams - contact 01923 661298.

Cost: Free for members, £4 for non-members.

Cassiobury Park – Legacy to Moses Cook

When: Saturday 5 May – 2.00 pm – 4.00 pm

Where: Cassiobury Park HUB, Watford, WD17 3EX

What: Guided heritage walk focusing on Moses Cook, the inspirational gardener to the long lost Earls of Essex.

Who: Contact – 01923 727072

Cost: £2 – booking required

St Paul's School May Fair

When: Saturday 5 May - 12.00 pm – 3.00 pm

Where: Langleybury Lane, Watford, WD4 8RJ

What: The annual summer fair with stalls, fun activities, BBQ, choir and maypole dancing.

Who: Contact – 01923 263641

Cost: Please enquire for pricing.

Spoken Word with Apples and Snakes – British Asian Festival

- When: Saturday 5 May – 6.00 pm – 7.30 pm
Where: Watford Palace Theatre, 20 Clarendon Road, Watford, WD17 1JZ.
What: An evening hosted by performance poetry and spoken word organisation, Apples and Snakes. Full of creativity with acclaimed and emerging British Asian talent.
Who: Watford Palace Theatre - contact 01923 225671.
Cost: Pay what you can

The Burman University Choral

- When: Saturday 5 May – 7.30 pm - 9.00 pm.
Where: Stanborough Park Church, 609 St Albans Road, Garston, Watford, WD25 9JL.
What: The Burman University Choral Union is made up of young singers from across Canada, the US and abroad and are all students of the Burman University of Parkview Adventist Academy in Alberta.
Who: Contact – 01923 894664
Cost: FREE

Short Stories with the Asian Writer – British Asian Festival

- When: Sunday 6 May – 11.00 am – 1.00 pm
Where: Watford Palace Theatre, 20 Clarendon Road, Watford, WD17 1JZ.
What: Writers will read from their winning stories and discuss their creative process.
Who: Watford Palace Theatre - contact 01923 225671.
Cost: Pay what you can

Healthy Hearts

When: Monday 7 May - 7.30pm - 8.30 pm.

Where: Stanborough Park Church, 609 St Albans Road,
Garston, Watford, WD25 9JL.

What: Find out more about your heart and blood pressure
from specialist cardiac nurse Kirra Moser.

Who: Contact 01923 894664

Cost: £3

**Star
Event**



Watford Celebration

When: Monday 7 May – 11.00 am – 4.00 pm

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

What: A colourful, multi-cultural event with performance,
children's activities, international food and inter-faith
discussion.

Who: 01923 441525 or 01923 774812

www.watfordcelebration.com

Cost: Free – donations for food are welcomed.

National Animal Welfare Trust – Spring open day

When: Monday 7 May – 11:00 am - 4.00 pm

Where: National Animal Welfare Trust, Tylers Way, WD25
8WT

What: A packed day of fund including a dog show, mobile
petting farm, stalls and activities.

Who: 020 8950 0177

Cost: FREE

RSPB Watford Local Group Talk

- When: Wednesday 9 May - 8.00pm - 10.00 pm.
Where: Stanborough Centre, 609 St Albans Road, Garston, Watford, WD25 9JL.
What: Jeff Knott, Head of Nature Policy at the RSPB. His talk will cover the continuing and illegal persecution of hen harriers on grouse moors.
Who: John Fisher – contact 01582 792843
Cost: £3

Ricky Fontayne's Rock n Roll night

- When: Friday 11 May – 8.00 pm – 11.30 pm
Where: Watford Ex Service & Social Club, 12-14 St Albans Road, WD17 1BN
What: Juke Box greats of the 50's and 60's
Who: contact 01923 236687
Cost: TBC

Compost Giveaway

- When: Saturday 12 May, 10.00 am – 1.00 pm
Where: Wiggenhall Depot, Wiggenhall Road, Watford, WD18 0FB
What: To celebrate the start of growing season and to thank residents for recycling their food and garden waste, Watford Borough Council and Veolia will be holding a compost giveaway.
Who: 01923 278388
Cost: FREE

Nature Walk

When: Saturday 12 & Tuesday 15 May – 10.00 am - 12.00 pm
Where: Cassiobury Park HUB, Watford, WD18 7LB
What: Guided nature walk of Cassiobury Park led by expert from Herts and Middlesex Wildlife Trust.
Who: Contact – 01923 278553
Cost: FREE

Hertfordshire Mind Network Open day

When: Wednesday 16 May – 12.00 pm - 6.00 pm.
Where: Watford Wellbeing Centre, 501 St Albans Road, Watford, WD24 7RZ
What: In support of Mental Health Awareness Week, Hertfordshire Mind Network are hosting an open day with Information and support, art sessions, reduce stress taster and much more.
Who: Contact 0203 727600
Cost: FREE

Parkinson's UK talk

When: Thursday 17 May – 2.00 pm.
Where: Stanborough Centre, 609 St Albans Road, Watford, WD25 9JL.
What: Ruth Bird is a speech therapist and Parkinson's specialist.
Who: g.emery321@btinternet.com
Cost: FREE

Rickmansworth Festival

- When: Saturday 19 & Sunday 20 May- from 10.30 am
Where: Along the Grand Union Canal between Batchworth and Stockers Locks as well as Aquadrome Park.
What: A full day of crafts, stools, food, entertainment stages, dog show, fun fair, displays of historic working boats & other exhibitions, catering and much more.
Who: Contact 01923 778382
Cost: FREE but £2 donations per person recommended.

Royal Wedding afternoon tea

- When: Sunday 20 May - 2.30 pm - 4:30 pm
Where: St Peter's Hall, Bushey Mill Lane, Watford, WD24 7TF
What: Afternoon tea with entertainment including acts singing classic songs from the 1940's onwards, to raise money for Alzheimer's and dementia charities.
Who: Contact – 0771 348 0309
Cost: £5 per person

Philippines Community Coffee Morning

- When: Saturday 26 May – 10.30 am – 12:00 pm
Where: Tremona Care Home, 18 Alexander Road, Watford, Herts, WD17 4QY
What: Highlights will include food tasting, hot drinks and a selection of Southeast Asian games.
Who: 01923 805495
Cost: FREE

Watford Volunteer Fair

When: Saturday 2 June - 11.00 am – 2.00 pm
Where: Watford Town Centre (around the pond area)
What: Come along and celebrate volunteering and find out about volunteering opportunities in your local community.
Who: TeamHerts Volunteering – contact 01462 689409
Cost: FREE

Bee talk

When: Saturday 2 June - 10:00 am - 12.00 pm
Where: Cheslyn Gardens, Cheslyn House, Nascot Wood Road, Watford, WD17 4SL
What: Fascinating talk about our favorite insects, the bees. Coffee and cake with an opportunity afterwards to enjoy the gardens.
Who: Doreen Meek – contact 01923 264367
Cost: £10

Cassiobury Park – Legacy to Moses Cook

When: Saturday 2 June – 2.00 pm – 4.00 pm
Where: Cassiobury Park HUB, Watford, WD17 3EX
What: Guided heritage walk focusing on Moses Cook, the inspirational gardener to the long lost Earls of Essex.
Who: Contact – 01923 727072
Cost: £2 – booking required

Grow your own fruit & vegetables

When: Sunday 3 June – 2.00 pm – 3.00 pm

Where: Cassiobury Park (meet at the Peace Garden near café Cha), Watford, WD18 7LB

What: A gardening session to learn to grow and share your fruit and vegetables at the community garden in the park. Everyone welcome.

Who: contact 01923 727071

Cost: FREE

Getting Together Clubs; Cruise the Grand Union Canal

When: Monday 4 June 10:30 am

Where: Boat Base, Nash Mills Recreation Centre, Nash Mills Lane, Hemel Hempstead, HP3 9TE

What: Enjoy a lunch while cruising along the canal and socialising with the Getting Together friends.

Who: Vanessa Wright – contact 01923 216967

Cost: £20 includes buffet lunch and refreshments.

Carer's Retreat

When: Wednesday 6 June, 11.00 am – 1.00 pm

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

What: For local carers to take some time out to relax with information and support available.

Who: 01923 216967

Cost: FREE

Abbots Langley Village Carnival & Parade

When: Saturday 9 June – 10:00 am

Where: Manor House, Gallows Hill Lane, Abbots Langley,
WD18 9QD

What: The annual carnival parade leaving from the green at School Mead, leading to Manor House grounds for the village carnival.

Who: *abbotscarnival@gmail.com*

Cost: FREE

Tea Dance

When: Tuesday 12 June - 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 per session

Summer Gourmet Dinner

When: Thursday 14 June – 18:15 pm

Where: The Restaurant, West Herts College,

What: A prosecco and canape reception followed by four stunning courses with paired wines in support of local charity Demand.

Who: 01923 681800

Cost: £35 per head

Scottish Country Dancing – Summer Dance

When: Thursday 21 June – 7.30 pm – 11.30 pm.
Where: TBC
What: Summer dance with live music from Ian Robertson.
Who: secretary@watfordscottish.org.uk - contact 07880 842370
Cost: £8.

Abbots Langley Local Food Summer Market

When: Saturday 23 June – 10:00 pm – 1:00 pm
Where: Henderson Hub, High Street, Abbots Langley, WD5 0AR
What: Promoting and selling local foods and produce and unique gifts and crafts.
Who: www.altta.org.uk
Cost: FREE

Heritage Walk

When: Sunday 24 June - 11.00 am - 4.00 pm
Where: Cassiobury Park HUB, Watford, WD17 3EX
What: A guided walk of Cassiobury park to Whippendell woods with a member of the SW Herts Archaeology & Historical society.
Who: Contact – 01923 727072
Cost: £2 – booking required

Imagine Watford

When: Friday 29 June - Sunday 1 July – 12.00 am
Where: The Parade, High street, Watford.
What: An outdoor arts festival with world-class theatre, circus, dance and music performances.
Who: www.imaginewatford.co.uk
Cost: FREE

Herts African Drum Circle presents Kan Beng

When: Friday 29 June – 7:00 pm – 11:00 pm

Where: Henderson Hub, High Street, Abbots Langley, WD5 0AR

What: Traditional melodies and rhythms from various cultures with western styles of music to create a unique and intoxicating concoction of traditional Mandinka folk, Berber folk, Jewish folk, funk rock and jungle.

Who: Abdul – Contact - 07759 487603

Cost: £12.50

Bhagavad Gita & Jivanukti Yoga Day Retreat

When: Saturday 30 June – 10:00 am - 5.00 pm

Where: Bhaktivedanta Manor, Dharam Marg, Hilfield Lane, Radlett, Aldenham, WD25 8EZ.

What: A day of Yoga, study and worship.

Who: Lila – contact 07590 496189

Cost: £40 plus vat

Bhaktivedanta Manor

When: Wednesday 4 July - 10:15 am - 2.00 pm

Where: Bhaktivedanta Manor, Dharam Marg, Hilfield Lane, Radlett, Aldenham, WD25 8EZ.

What: Visit the Hare Krishna temple.

Who: Lila – contact 07590 496189

Cost: £14

Coates Way School Summer Fair

When: Saturday 7 July - 12.00 pm

Where: Coates Way, Watford, WD25 9NW

What: The annual summer fair with stalls and fun activities.

Who: Contact – 01923 670341

Cost: Please enquire for pricing

Abbots Langley Orchestra Concert

When: Sunday 8 July – 7.30 pm

Where: Abbots Langley Community Centre, High Street, WD5 0AP.

What: Celebrating their fiftieth anniversary, the orchestra is to perform a special summer concert.

Who: *alo.secretary@btinternet.com*

Cost: £10

Summer Fun Day & BBQ

When: Saturday 14 July – 11:00 am - 4.00 pm

Where: National Animal Welfare Trust, Tylers Way, WD25 8WT

What: Summer Dog Fun day for all the family, especially the four legged ones! There will be games, stalls, food, and a dog show.

Who: 020 8950 0177

Cost: £2 per adult, £1 per child.

Cassiobury Park – Legacy to Moses Cook

When: Saturday 21 July – 2.00 pm – 4.00 pm

Where: Cassiobury Park HUB, Watford, WD17 3EX

What: Guided heritage walk focusing on Moses Cook, the inspirational gardener to the long lost Earls of Essex.

Who: Contact – 01923 727072

Cost: £2 – booking required

One Voice – Watford Community Choir

When: Sunday 22 July – 2.00 pm – 4.00 pm

Where: The Bandstand, Cassiobury Park

What: Singing at the Bandstand followed by “bring your own picnic” with family and friends.

Who: 01923 225531 or 01923 248494

Cost: FREE

Watford Big Events



**WATFORD
BOROUGH
COUNCIL**

Watford Big Events are a series of BIG events taking place in Watford town centre and Cassiobury Park. There's something for everyone and most of them are FREE!

Big screen

When: Daily – 6 July – 22 July 10.00 am – 10.00 pm
Where: The Parade, Watford
What: Blockbuster movies for all ages, as well as live coverage of Wimbledon's Semi-finals and final.

Big Bandstand

When: Various dates & times May - September.
Where: Cassiobury Park Bandstand, Watford
What: A jam packed summer of free live shows with everything from jazz to ukulele. Bring a picnic or just soak up the sounds while enjoying the park.

Big Jiveswing festival

When: Sunday 29 July – 1.00 pm – 6.00 pm
Where: The bandstand, Cassiobury Park
What: Jazz Festivals featuring some of the best internationally acclaimed Jazz musicians, bands and dancers within the UK.

www.watfordbigevents.co.uk



At Getting Together Clubs, you can expect a variety of activities suited to all abilities, meeting friends, enjoying lunch and having fun. We have eight clubs every week.

We share memories, have weeks where you can focus solely on yourself with pampering sessions, talks and advice from professionals and weeks where our members set the agenda.

Clubs

Monday

Tuesday

Wednesday

Rickmansworth

Abbots Langley

Thursday

Friday

Saturday

West Watford

Leavesden

Croxley Green

Central Watford

Tudor

Croxley Green

Call us on 01923 216967 or visit
www.gettingtogether.org

A Dash of Culture

Watford Palace Theatre

British Asian Festival

- When: Friday 4 May – Sunday 6 May – various times.
Where: Watford Palace Theatre, 20 Clarendon Road, Watford, WD17 1JZ.
What: Multi events, music, exhibitions, plays, comedies and more to celebrate the 2018 British Asian Festival.
Who: Watford Palace Theatre - contact 01923 225671.
Cost: Check prices for individual sessions.

DELAYED LIVE FROM THE Royal BALLET: Manon

- When: Wednesday 9 May – 2.00pm.
Where: Watford Palace Theatre, 20 Clarendon Road, Watford, WD17 1JZ.
What: Manon's brother Lescaut is offering her to the highest bidder when she meets Des Grieux and falls in love.
Who: Watford Palace Theatre - contact 01923 225671.
Cost: £15.50.

DELAYED LIVE FROM THE NATIONAL THEATRE: Macbeth.

- When: Thursday 10 May - 7.00pm
Where: Watford Palace Theatre, 20 Clarendon Road, Watford, WD17 1JZ.
What: Ruthlessly fighting to survive, the Macbeths are propelled towards the crown by forces of darkness.
Who: Watford Palace Theatre - contact 01923 225671.
Cost: £15.50, no concessions.

Sardari: Stories of Courage

When: Saturday 12 May – 5.00pm.

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

What: This event focuses on stories of Sikh leadership within a British & Sikh cultural context.

Who: Watford Palace Theatre - contact 01923 225671.

Cost: £7.00.

Mountains: The Dreams of Lily Kwok

When: Wednesday 16 – Saturday 19 May – various times.

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

What: Visiting her mother's birthplace of Hong Kong for the first time, Helen is determined to find out who she really is and where she belongs.

Who: Watford Palace Theatre - contact 01923 225671.

Cost: £15.50 - £22.00 (£2 concessions)

An American in Paris – The Musical

When: Sunday 20 May – 2.00pm.

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

What: Presented from the West End to the big screen, the impassioned story of discovering love in the 'City of Light'.

Who: Watford Palace Theatre - contact 01923 225671.

Cost: £15.50.

Shappi Khorsandi - Mistress and Misfit

When: Saturday 26 May – 8.00pm.

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

What: Shappi is on the road with her new comedy sell out show.

Who: Watford Palace Theatre - contact 01923 225671.

Cost: £15.00.

DELAYED LIVE FROM THE VAUDEVILLE THEATRE:

An Ideal Husband

When: Tuesday 5 June - 7.15pm.

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

What: Oscar Wilde's season - As an ambitious government minister, Sir Robert Chiltern's smooth ascent to the top seems assured until Mrs Heveley appears in London with damning proof of his previous financial chicanery.

Who: Watford Palace Theatre - contact 01923 225671.

Cost: £15.50, no concessions.

LIVE FROM THE BOLSHOI BALLET: Coppelia

When: Sunday 10 June - 4.00pm.

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

What: Ebullient comedy involving a feisty heroine, a boyish fiancée with a wandering eye, and an old dollmaker.

Who: Watford Palace Theatre - contact 01923 225671.

Cost: £15.50, no concessions.

Oliver!

When: Thursday 14 June – Saturday 16 June – various times
Where: Watford Palace Theatre, 20 Clarendon Road, Watford, WD17 1JZ.
What: The streets of Victorian England come to life as Oliver, a malnourished orphan in a workhouse, becomes the neglected apprentice of an undertaker.
Who: Watford Palace Theatre - contact 01923 225671.
Cost: £15.50 - £16.50, (£2 concessions).

DELAYED LIVE FROM THE ROYAL BALLET: Swan Lake

When: Tuesday 19 June - 7.00pm.
Where: Watford Palace Theatre, 20 Clarendon Road, Watford, WD17 1JZ.
What: This classic ballet to Tchaikovsky's first ballet score.
Who: Watford Palace Theatre - contact 01923 225671.
Cost: £15.50, no concessions.

LIVE FROM GLYNDEBOURNE: Madama Butterfly

When: Thursday 23 June – 6.30pm.
Where: Watford Palace Theatre, 20 Clarendon Road, Watford, WD17 1JZ.
What: A classic love story that never fails to move. Sung in Italian with English subtitles.
Who: Watford Palace Theatre - contact 01923 225671.
Cost: £15.50, no concessions.

LIVE FROM THE ROYAL SHAKESPEARE

COMPANY: Romeo & Juliet

When: Wednesday 18 July – 7.00pm.

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

What: The most famous story of love at first sight explodes with intense passion and an irresistible desire for change, but leads all too quickly to heart-breaking consequences

Who: Watford Palace Theatre - contact 01923 225671.

Cost: £15.50, no concessions.

RECORDED LIVE AT GLYNDEBOURNE IN 2015:

Saul

When: Thursday 26 July – 6.30pm.

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

What: David has vanquished the giant Goliath, but not everyone rejoices in his victory. Jealous of the young warrior, King Saul turns against him, descending into violent, destructive madness.

Who: Watford Palace Theatre - contact 01923 225671.

Cost: £15.50, no concessions.

Watford Colosseum

#LobbyLive Presents: Kings Langley Community Choir

When: Saturday 6 May – 6.40pm.

Where: The Grand Lobby, Watford Colosseum,
Rickmansworth Road, Watford, WD17 3JN.

What: Their performance celebrates their Tenth Anniversary.

Who: Watford Colosseum - contact 01923 571102.

Cost: FREE

Keep it Country

When: Saturday 5 May – 7.30pm

Where: Watford Colosseum, Rickmansworth Road, Watford,
WD17 3JN.

What: Join four of Ireland's top country stars for a show filled
with toe tapping country music, cabaret and laughter.

Who: Watford Colosseum - contact 01923 571102.

Cost: £24.00

Jason Manford: Muddle Class

When: Thursday 17 May - 7.30pm

Where: Watford Colosseum, Rickmansworth Road, Watford,
WD17 3JN.

What: A wealth of new material about Jason growing up
'working class' then finding, over the years, that part of
him has become 'middle class' - causing much
confusion!

Who: Watford Colosseum - contact 01923 571102.

Cost: £31.50

Remembering Fred with Janette and Alijaz

When: Saturday 2 June - 6.30pm

Where: Watford Colosseum, Rickmansworth Road, Watford, WD17 3JN.

What: An evening of song and dance that celebrates the Hollywood icon Fred Astaire..

Who: Watford Colosseum - contact 01923 571102.

Cost: £21.20 - £46.50

#LobbyLive Presents: Emma O'Connor

When: Saturday 6 May – 6.40pm.

Where: The Grand Lobby, Watford Colosseum, Rickmansworth Road, Watford, WD17 3JN.

What: Live music from Emma O'Connor.

Who: Watford Colosseum - contact 01923 571102.

Cost: FREE

Soul II Soul

When: Saturday 2 June - 7.30pm.

Where: Watford Colosseum, Rickmansworth Road, Watford, WD17 3JN.

What: Legendary British R&B group with their 30th Anniversary Tour, featuring a full line-up with strings and the iconic sound of Caron Wheeler on vocals

Who: Watford Colosseum - contact 01923 571102.

Cost: £33.50

Watford Philharmonic Society - Songs for the Summer

When: Wednesday 27 June - 7.30pm.

Where: Watford Colosseum, Rickmansworth Road, Watford, WD17 3JN.

What: Featuring the Watford Grammar School for Girls choir.

Who: Watford Colosseum - contact 01923 571102.

Cost: £20.00 - £22.00

The Overtones

When: Saturday 7 July - 7.30pm.

Where: Watford Colosseum, Rickmansworth Road, Watford, WD17 3JN.

What: This vocal harmony group are hitting the road once more for their Summer Special.

Who: Watford Colosseum - contact 01923 571102.

Cost: £29.00 - £39.00



**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 simple - to engage the older community in activities to improve their physical, mental and social wellbeing by taking part in regular activities.

There are currently three sessions of Extra Time delivered across three venues; Vicarage Road Stadium, Cedars YCC and Meriden Community Centre.

For more information, please call 01923 496362.

Watersmeet Theatre

Pink Academy of Performing Arts presents: Dance Explosion

When: Sunday 6 May - 1.00 pm and 6.00 pm
Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.
What: Join their students, as they set the stage to explode and entertain you with various genres of Dance, Song and Musical Theatre.
Who: Watersmeet - contact 01923 711063.
Cost: £16

Vienna Festival Ballet presents: Swan Lake

When: Friday 11 May – 7.30 pm
Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.
What: This classic ballet to Tchaikovsky's first ballet score.
Who: Watersmeet - contact 01923 711063.
Cost: £21.50 (£2 concessions)

Mehfil Evening in aid of Watford Mencap

When: Sunday 13 May – 5.30 pm - 10.30 pm.
Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.
What: Come and enjoy an evening of Qawwali, Ghazals, Farmaish and Bollywood Songs from across the genres.
Who: Watersmeet - contact 01923 711063.
Cost: £27.00 - £32.00 (includes vegetarian Indian buffet)

Rare Productions present: Grease

When: Thursday 24 – Saturday 26 May 7.30 pm & Saturday matinee 2.30 pm.

Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.

What: The 1950s rollicking musical that salutes the rock ‘n’ roll era.

Who: Watersmeet - contact 01923 711063.

Cost: £14.50 - £17.00

Delayed Live Screening: Macbeth

When: Friday 1 June - 7.00 pm

Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.

What: The ruined aftermath of a bloody civil war. Ruthlessly fighting to survive, the Macbeths are propelled towards the crown by forces of elemental darkness.

Who: Watersmeet - contact 01923 711063.

Cost: £12.50

West Herts College present: Nutcracker

When: Tuesday 5 – Wednesday 6 June – 7.00 pm

Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.

What: A completely different take on the original classical ballet story.

Who: Watersmeet - contact 01923 711063.

Cost: £8.00

Bhavini's Bollywood n Beyond presents: Spring of Talents 2018

When: Sunday 10 June – 3.00 pm – 6.00 pm.

Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.

What: The talented students will be presenting a musical Bollywood Dance in colourful and vibrant costumes

Who: Watersmeet - contact 01923 711063.

Cost: £10.00

Stagecoach Chorleywood & Rickmansworth presents: The Greatest Musical on Earth

When: Saturday 23 June – 6.00pm.
Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.
What: 30th Anniversary Charity Gala in aid of The Peace Hospice performed by the talented students.
Who: Watersmeet - contact 01923 711063.
Cost: £17.00

The Tina Turner Experience

When: Thursday 28 June – 7.30pm.
Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.
What: Featuring a 7-piece band making this the only completely live touring tribute which charts the life and career of one of the worlds iconic performers.
Who: Watersmeet - contact 01923 711063.
Cost: £20.00 (£18 concessions)

Rock Choir presents: The Choir that Rocks! Live!

When: Friday 29 June & Saturday 30 June – 7.30 pm.
Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.
What: Come and hear the UK's most popular contemporary rock choir singing live with on stage musicians.
Who: Watersmeet - contact 01923 711063.
Cost: £18.50 (£15.50 concessions)

Sharpe Academy presents: Little Shop of Horrors

When: Thursday 5 – Sunday 7 July – 2.30 pm & 7.30 pm.
Where: Watersmeet, High Street, Rickmansworth, WD3 1EH.
What: This horror-comedy musical tells the story of meek floral assistant Seymour Krelborn who stumbles across a new breed of plant he names “Audrey II.”
Who: Watersmeet - contact 01923 711063.
Cost: £16.00 (£14.00 concessions)

Pump House Theatre & Arts Trust

Merrily We Roll Along

When: Tuesday 1 May – Saturday 5 May - 7.30 pm with 2.30 pm matinee on Saturday.
Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.
What: Musical that tells the story of how a composer's idealism and friendships were corrupted by success is told backwards, starting with the disillusioned present.
Who: 0333 666 3366
Cost: £13.00 - £15.00

Into the Woods

When: Wednesday 9 – Saturday 12 May – 7.30 pm with 2.30 pm matinee on Saturday.
Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.
What: Kingsbury Amateur Operatic Society presents this tale where a witch tasks a childless baker and his wife to procure magical items from classic fairy tales to reverse the curse put on their family tree.
Who: 020 3000 7818
Cost: £13.00 (£11.00 concessions)

Belmont Theatre Company presents: Haywire

When: Wednesday 23 – Saturday 26 May– 7.45 pm plus a 2.45 pm matinee on Saturday.
Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.
What: A comedy by Eric Chappell
Who: 07917 324179
Cost: Monday £13.00 (£11.50 concessions)

A Bunch of Amateurs – By Way of Murder

When: Monday 11 – Saturday 16 June – 7.45 pm.
Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.
What: A comedy thriller. A tale of murder, kidnap and deceit.
Who: 03336 663366
Cost: Monday £8.00 Tuesday – Saturday £12.00 (£10.50 concessions)

Pump House Children & Youth Theatre presents: Honk JR

When: Tuesday 3 – Saturday 7 July – 7.30 pm plus a 2.30 pm matinee on Saturday.
Where: Pump House Theatre & Arts Trust, 5 Local Board Road, Watford, WD17 2JP.
What: The delightful award-winning musical adaptation of the beloved Hans Christian Anderson ugly duckling fable.
Who: 03336 663366
Cost: To be confirmed.

The Academy Watford Summer Show

When: Saturday 21 & Sunday 22 July – various times.

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

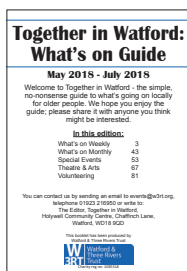
What: A celebration of Musical Theatre & Pop featuring some of Watford's finest young talent!

Who: 03336 663366

Cost: £15.00

You could advertise in this great magazine which is published quarterly and distributed to 1000 people around the Watford Area.

This **Together in Watford** guide is aimed towards older people.



This publication is produced by the **Watford and Three Rivers Trust**, with your contribution we can reach a wider audience.

*Please contact events@w3rt.org or
telephone 01923 216950
To book a space in the next issue.*

Volunteering Opportunities

Get out and about and help someone else in the process, volunteering with a feel-good factor!

Getting Together Clubs Volunteer

Assisting the Club & Activity Coordinator and Activity Facilitators to provide a time of socialising, getting active and experiencing new things for members. Contact Vanessa Wright on 01923 216967 or email wellbeing@w3rt.org.

Volunteer driver for W3RT Community Cars

Community Cars provides essential journeys for those unable to use public transport. W3RT are seeking volunteer drivers to take passengers to medical appointments, day centre's or shopping etc. Volunteer as much or as little as you like and claim expenses of 45 pence per mile. Contact: 01923 216966 or email volunteering@w3rt.org.

#TeamHerts Volunteering

A county wide service which aims to signpost more people towards volunteering roles across Hertfordshire as well as supporting organisations to take on more volunteers. Our site has a database, list of events and more information for both the public and volunteer-involving organisations.

For more information, email enquiries@teamherts.org or call 01462 689409. www.teamherts.org

Need to take note?

W3RT are now recruiting volunteer drivers

- ✓ Become part of the W3RT family
- ✓ Make great use of your spare time by helping your local community
- ✓ Provide an essential service to those in need
- ✓ We will pay your mileage cost @ 45p/mile
- ✓ Volunteer at times that suit you



Make a difference today!

Please contact us by email on communitycars@w3rt.org or
call 01923 216955

Holywell Community Centre
Chaffinch Lane, Watford
Herts, WD18 9QD

www.w3rt.org

If you need help with anything, please contact one of these services:



01923 216964

Volunteer drivers provide journeys for those unable to use public transport.



01923 216950

Our Community Venues in Central Watford and the Holywell are perfect for all kinds of events.



0300 1234044

If you need help with anything else, always call the HertsHelp service.

This booklet has been produced by
Watford & Three Rivers Trust



Charity reg no: 1085518