

# WEEKLY TIMETABLE

## April - June 2024

\*Speak to Reception \*\* PARQ form required ✍ Sign-up at Reception | No price = Free  
 ■ New Info, Activity or Change Online Class Sign-up: [katrina@claremont-project.org](mailto:katrina@claremont-project.org)  
[kyri@claremont-project.org](mailto:kyri@claremont-project.org) | 0207 837 3402

MON	TUES	WED	THU	FRI
<b>Strength &amp; Fitness at Mary's Gym*✍</b> 10:15 - 11:15am (£2.50)	<b>Int. Strength &amp; Balance**</b> 2 – 3pm, Anya's Hall (£4)	<b>Beg. Strength &amp; Balance**</b> 10 - 11am, Anya's Hall (£3)	<b>Tai Chi</b> 10:45 - 11:45am New Hall (£2.50), Online (Free)	<b>Int. Flamenco</b> 10:15 – 11:15 am Anya's Hall (£3)
<b>Bereavement Support Group*✍</b> 12 - 12:50 pm, Barnsbury 12 weeks from 4th March (£2.50)	<b>Watercolour (15 Max)</b> 2 – 4pm, Upper Hall (£3 + paper cost)	<b>Ageing Support Group✍</b> 10:30 - 11:20 am, Upper Hall 12 weeks from 6 <sup>th</sup> March (£2.50)	<b>Salsa</b> 12 - 1pm, New Hall (£3)	<b>Coffee Morning (Self-led)</b> 10:30am - 12pm Member's Area
			<b>Beg. Kung Fu (non-contact)</b> 1 - 2pm, Anya's Hall & Online (£2.50)	<b>Arts &amp; Crafts</b> 10:30am - 12pm, New Hall (£2.00)
<b>Art Fusion (skills-based)</b> 12 - 2pm, Upper Hall (£3)	<b>Carers /Helping Others Support Group✍</b> 5pm, Online 12 weeks from 5 <sup>th</sup> March (Suggested Donation: £2.50)	<b>Dance Fever</b> 11:15am - 12:15pm Anya's Hall (£3)	<b>Beg. Ballroom (34 Max)</b> 1 – 2pm, New Hall (£3)	<b>Creative Writing</b> 10:30am – 12:30pm Upper Hall & Online (£3)
<b>Ballet (RAD) (30 Max)</b> 1 - 2:15pm, New Hall (£4)		<b>Beyond Broadway</b> 12:30pm - 1:30pm Anya's Hall (£3)	<b>Pilates (18 Max)</b> 1:15 - 2:15pm, Upper Hall (£3)	<b>Castanets</b> 11:15 am - 12:15 pm, Anya's Hall (£3)
<b>Men's Group: A Space for Connection✍</b> 1:30 - 2:20 pm, Anya's Hall 12 weeks from 4th March (£2.50)		<b>Int. Line Dancing</b> 1 – 2pm, New Hall (£3)	<b>Int. Ballroom (34 Max)</b> 2 – 3pm, New Hall (£3)	<b>Beg. Flamenco*</b> 12:15 – 1:15pm Anya's Hall (£5)
<b>Open Art Studio</b> 2 – 4pm, Upper Hall (Suggested Donation: £1)		<b>Contemporary Dance</b> 1:45pm - 3:15pm Upper Hall (£4)	<b>Open Social Club</b> 2 – 5pm, Anya's Hall	<b>Friday Concert</b> 2 – 3pm, New Hall  <b>Or</b>  <b>Special Event</b> <i>Please see overleaf</i>
			<b>Yoga (18 Max)</b> 2:30 - 3:30pm, Upper Hall (£3)	
<b>Gospel Choir</b> 2:45 - 4:15 pm, New Hall (£4) <i>Commencing 15<sup>th</sup> April</i>			<b>Adv Ballroom (34 Max)</b> 3 - 4pm, New Hall (£3)	
			<b>Int. Ukulele*</b> 3:45 -4:45pm, Upper Hall & Online (£3)	

## SPECIAL EVENTS

### APRIL

### MAY

### JUNE

**Fri 5 | Claremont Spring Party (£4) ✍**  
(featuring The Thumping Tommys)  
12 – 3 pm, New Hall - **FULLY BOOKED**

**Fri 3 | First Friday Party with Blind Summit ✍**  
*Bunraku Puppetry Theatre*  
2 – 3 pm, New Hall

**Mon 3 | Life Drawing**  
2:30 – 3:45pm  
Anya's Hall (£5) & Online (Optional Donation)

**Mon 8 | Life Drawing**  
2:30 – 3:45 pm, Anya's Hall (£5) & Online (Optional Donation)

**Fri 10 | Yuanwei Ping (Piano)**  
*Royal College of Music*, 2 - 3 pm, New Hall

**Wed 5 | LGBTQ+ & Friends Coffee Morning**  
10:30 am – 12 pm, New Hall

**Fri 12 | Opus Sax Quartet**  
*Trinity Laban*, 2 - 3 pm, New Hall

**Mon 13 | Life Drawing**  
2:30 – 3:45 pm, Online Only, (Optional Donation)

**Fri 7 | First Friday Party X Sadler's Wells Culture Club: Taiko Meantime ✍\***  
*Japanese Drumming (50 spaces)*, 2 – 3pm, New Hall

**Wed 17 | New Member Coffee Morning ✍\***  
10:30 am – 12 pm, New Hall

**Fri 17 | Spring Craft Fair**  
(*Stall Holders ✍*), 1 – 3pm, New Hall

**Fri 14 | Sarah Rhiannon Parkes Bowen (Flute)**  
*Royal College of Music* 2 – 3pm, New Hall

**Fri 19 | Elizaveta Saul (Violin)**  
*Royal College of Music*, 2 – 3pm, New Hall

**Mon 20 | Dementia Friends Session ✍**  
11am – 12:30pm, Anya's Hall

**Fri 21 | Aeolian Winds**  
*Wind Quartet*, 2 - 3 pm, New Hall

**Wed 24 | Art Club**  
10 – 11:30 am, Online

**Thu 23 | Valuing Ourselves: Workshop & Social**  
with Claremont's Martha & Dilys ✍  
11 am - 12:30 pm, Upper Hall

**Tues 25 | 'Sergio Strizzi: The Perfect Moment' ✍**  
*Cinematic Photography Exhibition*  
Estorick Collection, 11:00 am

**Wed 24 | Royal National Institute of Blind People: Talk & Workshop ✍**  
3:30 - 4:30 pm, New Hall

**Fri 24 | Mirjam Bartol (Violin)**  
*Royal College of Music*, 2 – 3 pm, New Hall

**Wed 26 | Art Club**  
10 – 11:30 am, Online

**Fri 26 | Claremont Exhibits Part I: Storytelling**  
*Opening Reception*, 2 – 3pm, New Hall  
*Part II Project Introduction*, 3 - 4pm, New Hall

**Wed 29 | Art Club**  
10 – 11:30 am, Online

**Fri 28 | Clare Galwey (Voice, Oboe & Piano)**  
*Trinity Laban*, 2 – 3pm, New Hall

**Fri 31 | Angelyn Bai (Clarinet, Violin, Piano)**  
London College of Music, 2 - 3 pm, New Hall

**SEE NEXT PAGE FOR SPECIAL PROJECTS (LONGER-TERM)...**

## London Symphony Orchestra (LSO) Creative Project ✍️

Calling Claremont creatives and makers! Join this 6-week, original music-making project with the LSO, led by Music Educator and Facilitator, Rhia Parker (Guildhall School of Music), **culminating in the opportunity to perform on the main stage at The Barbican with the entire LSO orchestra!**

Claremont performers will share the stage with members of Help On Your Doorstep (HOYD), a local organisation that aims to improve the health and wellbeing of Islington residents. This year's creative theme is 'Sounds Of The Future'.

### • Rehearsals:

Tuesdays, 2<sup>nd</sup> April - 7<sup>th</sup> May, 10:30 am – 12:00pm, [New Hall](#)

### • Meet & greet HOYD, watch an LSO performance:

17<sup>th</sup> April, 5:30pm at the Barbican, EC1Y 8DS (*catering provided*)

*(3 week break - orchestration of pieces)*

### • Recap Rehearsal with Conductor:

Tues 4<sup>th</sup> June, 10:30 am – 12:00 pm, [New Hall](#)

### • Rehearsal with Orchestra and HOYD:

Mon 10<sup>th</sup> June, 1:00 - 4:30 pm at LSO St Luke's, EC1V 9NG

### • Final rehearsal day and concert with LSO and HOYD:

Thu 13<sup>th</sup> June, 2:30 - 9:00 pm at the Barbican, EC1Y 8DS (*includes rehearsal, rest time, catering and performance*)

*The group will travel to The Barbican & LSO St Luke's via Public Transport. Taxis provided for those with physical access needs. Transport back from the Barbican will be provided.*

*£5 audience tickets will be available for friends and family via an online code, shared closer to the time.*

**FULLY BOOKED**

## Creative Men's Project with The British Museum ✍️

This project from the world-leading British Museum is aimed at male Claremonters who want to get together, explore creativity, history and culture. The creative theme or focus of the project will be decided by the group, resulting in suitable professional artist joining select sessions. The project will run over 6 weeks between Claremont and the British Museum, featuring collection viewing and object handling. All sessions will take place **Mondays, from 2:30 - 4:30 pm:**

- Session 1: 20th May, [Anya's Hall](#), Claremont (*Break: 27th May – Bank Holiday*)
- Session 2: 3rd June, British Museum
- Session 3: 10th June, British Museum
- Session 4: 17th June, [Anya's Hall](#), Claremont
- Session 5: 24th June, [Anya's Hall](#), Claremont
- Session 6: 1st July, British Museum - *Celebratory Session!*

## Claremont Exhibits 2024, Part II: Portraiture & Storytelling Series

2024's 2<sup>nd</sup> Claremont Exhibits will feature 30 professionally photographed portraits of Claremonters with short, accompanying auto-biographical writing pieces. There will also be booklets for sale containing the images and pieces. **Sign-up deadline: Fri 31<sup>st</sup> May.**

- Project Introduction: Fri 26<sup>th</sup> April, 3 - 4pm, New Hall\*

- Portraiture & Photography Workshop with Diane Smyth, Editor at The British Journal of Photography (BJP) ✍️: Monday 3<sup>rd</sup> June, 11 am - 12 pm, New Hall

- Auto-biographical Storytelling & Writing Workshops with Nichola Charalambou ✍️:
  - 1: Mon 10<sup>th</sup> June, 10:30 - 12 pm, New Hall (*Exercises & 1<sup>st</sup> drafts*)
  - 2: Mon 24<sup>th</sup> June, 10:30 - 12 pm, New Hall (*Edits & final drafts*)

- Photoshoots with Photographers Lucien-Paul Stanfield and Claire Lawrie:

- 1 ✍️: Monday 1<sup>st</sup> July, 10am - 4:30pm, Anya's Hall
- 2 ✍️: Monday 8<sup>th</sup> July, 10am - 4:30pm, Anya's Hall

- Opening Reception: Fri 4<sup>th</sup> October, 2 - 4 pm, New Hall

*You are encouraged to sign-up for the entire project (all sessions), although you can sign-up for just the BJP or both Creative Writing workshops. **To sign-up & take part in a photoshoot, you must do so for both Creative Writing workshops.***