



ST LUKE'S OVER 55s NEWSLETTER

December 2023/January 2024 Extended opening: Mon-Thurs 9am-7pm, Friday 9am-5pm, Sat & Sun 11am-3pm



Welcome to your December newsletter for Over 55s members. We hope you enjoy reading about our Autumn events and that we see you here at the Centre soon. Our Festive events include the annual Christmas Fair for all ages, Christmas Lunch for our Over 55s Members and Christmas Day event for local residents who would otherwise be alone.

Following our Surviving Winter 2023 information event, we are sharing tips on keeping you healthy through food and exercise. Plus, a reminder of all our free classes and activities and low-cost healthy lunches that members are welcome to take part in for 2024 to keep you healthy and happy and connected with others.

ALL THE STAFF, MANAGEMENT, VOLUNTEERS AND TRUSTEES WISH YOU A VERY HAPPY CHRISTMAS AND NEW YEAR



Festive Holiday Opening Times



- Monday 18th - Friday 22nd December: 9am-5pm**
- Saturday 23rd Dec: Closed**
- Sunday 24th Dec: Closed**
- Monday 25th Dec: Closed**
(Open for pre-booked Christmas Day Lunch event)
- Tuesday 26th Dec: Closed**
- Wed 27th Dec: 9am-5pm**
- Thursday 28th Dec: 9am-5pm**
- Friday 29th Dec: 9am-5pm**
- Saturday 30th Dec: Closed**
- Sunday 31st Jan: Closed**
- Monday 1st Jan: Closed**
- Tuesday 2nd Jan: Normal Centre opening times.**

WHAT'S BEEN HAPPENING AT ST LUKE'S?



World Mental Health Day 10th October

In partnership with The Peel and poet Steve Tasane, our Wellbeing team hosted an event of poetry and conversations about mental health. After lunch, all participants read their poems to an audience in the Garden Room.

St Luke's Open Day 18th October

We threw open the doors to all the local residents for our annual St Luke's Day. Activities included IT training, pastry decorating, a print-making workshop and the resident artists opening their studios to guests. In the evening we held a Quiz and Fizz evening and gave away some great prizes.



Celebrating Black History Month - 24th October

We celebrated Black History Month during the day with families and children, with arts and crafts, a storytelling

experience and dancing after enjoying a delicious lunch cooked by volunteers. The evening event was a

collection of artists who entertained and enjoyed participation with the guests.

Surviving Winter Information Day – 9th November

This year we welcomed 69 guests and service partners to learn about support that's available in Islington. This includes free information and form filling help, grants from local organisations, healthy winter food tips, money saving tips, family support, health tips and vaccination information, free classes and activities to keep you healthy.



Remembrance Sunday 12th November



Every year, Islington Council – along with veterans, emergency services, religious leaders and local organisations – recognises the sacrifices of the armed forces and those who lost their lives in the First World War, and every war since. St Luke's members joined the Remembrance Sunday parade, service of remembrance and wreath-laying ceremony at Islington Green War Memorial and Spa Green war memorials to remember fallen members of St Luke's.



St Luke's Christmas Campaign 2023

Please give what you can towards our Christmas Campaign to help bring a smile to the faces of local residents at our Christmas parties. There are three ways to give:

1. Drop a new, unwrapped gift for a child 0-16 years old to our reception and we will wrap it and give it out.
2. Donate online via QR code below.
3. Buy one of 300 gifts online for an older person in the community from our Wish List 23 and select delivery to St Luke's Community Centre, 90 Central Street, London EC1V 8AJ. The John Lewis presents price range is from £15-£32 this year. As always, thank you so much for your continued support which we rely on to make the festive season special for local families and older people.





Healthy Winter

PRACTICAL TIPS

AGA WCISLO
ST LUKE'S COMMUNITY CHEF



Optimise your defence against winter colds and flu through a balanced diet. Incorporate foods rich in immune-boosting nutrients, consuming a balanced diet based on wholegrain, fruit, vegetables, beans, pulses, lean meat, fish, low-fat dairy products, nuts and seeds. For personalised guidance on vitamin D supplementation during autumn and winter, consider consulting your GP. Your well-being is your best ally in the colder months.



Elevate your mood and well-being by eating nutrient-rich foods such as fatty fish brimming with Omega-3s, nuts, and vibrant leafy greens. Moreover, including whole grains in your diet supports the production of those delightful, happy hormones. Let your meals brighten your spirits during the darker seasons.



Sustain your vitality throughout the winter season by embracing a balanced diet based on fresh, tinned and frozen products. Your energy is the key to thriving in the colder months.



Embrace winter's beauty while physically active to safeguard your well-being, uplift your spirits, and stave off the risk of seasonal weight gain. Engage in enjoyable activities like brisk walks, the serenity of yoga, spirited table tennis, or the graceful art of ice skating—all effective ways to stay active in the colder months. Your body and mind will thank you for it!



Enhance your well-being with nourishing, warming meals such as soups, stews, hot cereals, roasted vegetables, casseroles, chilli, baked fruit, and hot beverages infused with warming spices like cardamom, cinnamon, chilli, black pepper, ginger, nutmeg, cayenne pepper, allspice, and anise. These spices add not only delightful flavours but also bring potential health benefits, making your chilly season meals even more comforting and wholesome.



Energy-efficient cooking tips :

- Plan weekly meals
- Use the lid when cooking
- Choose heavy-bottom pots and pans
- Match the size of the burner with pots and pans
- Preheat oven only when necessary
- Consider using a convection oven, slow cooker or air fryer
- Use the microwave for reheating,
- Don't open the oven door when cooking,
- Thaw frozen food overnight,
- Steam vegetables
- Check if your oven is sealed properly



Become a savvy shopper by:

- Buying supermarket brands
- Checking your fridge, freezer and cupboard before shopping
- Carry a shopping list
- Eating at St Luke's Lunch Club and attending cooking classes
- Buying frozen and tinned fruit, vegetables, beans and pulses without the addition of sugar or salt
- Checking the expiry date on the products to avoid food waste
- Utilizing leftovers



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ST LUKE'S
COMMUNITY
CENTRE

WHAT'S ON - DECEMBER & JANUARY

Christmas Day Lunch

Monday 25th December, 12-4pm

Instead of spending Christmas day alone, **make your reservation at St Luke's Reception** and look forward to a traditional three-course lunch and festive fun with St Luke's staff and volunteers! We ask for **suggested donation of £10** to help with the costs.



Over 55s Christmas Lunch

Wednesday 13th December 12-4pm

Join our annual festivities for a special members lunch. **Tickets are on sale at £7** which includes a glass of wine, entertainment and a gift!

CMS Choir Performs

Thursday 14th December 12pm

The CMS Law Firm, choir, will perform to the Lunch Club members in the dining room. Singing some of our favourite songs.

Classes end
Sunday 17th December 2023.
Classes start
Monday 8th January 2024

Second Chance Theatre Show - 29th November



You are invited by the Immediate Theatre group to attend a 45-minute show of comedy, music, and magic. It is set in a struggling charity shop in Dalston where magical things can happen. The show is performed by over 60-year-old performers who will be on tour for 10 shows in social and community centres.

After the show, tea and cakes will be served.
2pm, the Garden Room

Upcycling sessions with the Multicultural Women's Group

Irfana (Successful Community Champion) is delivering 4 upcycling sessions with the Multicultural Women's Group: 24th November and 1st, 8th and 15th December. Bring your pre-loved recycling and turn it into a new item for the home or a gift for a loved one.

Community Lunches

Can you help at our Saturday Community Lunch? We are recruiting volunteers to help with food preparation and cooking from 10am-12pm.

The Community Lunch provides a hot, free and substantial meal for those in need of a hot meal. Lunch from 12.30pm to 1.30pm.

If you are interested in volunteering please register at reception, so we can co-ordinate the day. Email: info@slpt.org.uk or call 0207 549 8181

Saturday 9th December

Saturday 6th January

Saturday 20th January

Saturday 10th February

Cookery Classes

Adult Cook & Eat: Fridays, 1st & 8th December, 12th January, till 16th February restarts 1st March.

Evening Cooking Club: Thursday 7th December, 6-8pm. Moroccan Cooking Class.

Thursday 25th January, 6-8pm. Vegan Cooking Class.

Wednesday 14th February, 6-8pm. St Valentine Day Special.



WEEKLY ADULT ACTIVITIES & CLASSES

FREE

OPEN TO ALL MEMBERS

Learn new skills, meet new friends and improve your health & wellbeing.

MONDAYS

Meditation/Sound Gong Bath. 11.15-12pm

Reading Group. 1-1:45pm (1st Monday of the Month)

Bingo. 1.15am-3:30pm

MONDAY - FRIDAY

Lunch Club. 12-2pm

Islington residents 55+ subsidised prices, others welcome paying full price.

THURSDAYS

Welfare and Debt Advice clinic with IPR (appt. only) 9am-1pm

Age UK info & advice
To Book call 0207 281 6018

Nail bar with Luisa. 9:30-1pm

Food Co-op. 10am-12pm

Chair based exercise. 11.15am-12pm

Walking Group 11am. 2nd & 4th Thursday of the month.

Bingo. 1.15-3.30pm

TUESDAYS

Form Filling Clinic (appointments only) 9:30 am-1 pm.

Free Reflexology for members. Book at reception.

Feel Good Fitness. 11am-12pm

Board Games Café 1-3pm (1st and 3rd Tuesday of the month)

Food Hub (by appointment only) 1.30-3.30pm

PC Pals (booking only) 12-1pm Online Centre

Men's Shed - Activities 2-6pm

Cake & Conversation ESOL tutoring 2-3pm

Line dancing 2-3pm. Studio

FRIDAYS

Art For All. 11-1pm

Chair Yoga. 11-12pm

The Multi-Cultural Women's Group. 1-3pm

The Online centre is available:
Monday to Thursday 9am-7pm
Friday 9am-5pm
Saturday & Sunday 11am-3pm

WEDNESDAYS

Chiropodist appointments
To book call 07932 382884

PC Pals (booking only) 12-1pm

Sewing For All. 10.30-12.30

Mindfulness. 10.45-11.45am

Women's table tennis. 11-12pm Studio

Friend's Cafe (2nd Wed of month) 1.15-2.15pm

Men's Shed - Games Afternoon 2-6.00pm

Food Hub (by appointment only) 1.30-3.30pm

Pilates Class. 6 - 7pm

SATURDAYS

Zumba (all ages welcome) 11.30am-12.30pm

Light Lunch 12.30-1pm

Upcycling Clothes. 12-2pm

SUNDAYS

Art Workshop (check website for dates) 11am-12pm

Light Lunch 12.30-1pm

Yoga 11am-12pm

ALL MEMBERS WELCOME. REGISTER AT RECEPTION.

St Luke's Community Centre, 90 Central St, London EC1V 8AJ

info@slpt.org.uk 020 7549 8181

@StLukesTrust Charity Number 207497

FREE

ADULT CLASSES

OPEN TO ALL MEMBERS

Learn new skills, meet new friends and improve your health & wellbeing.

LINE DANCING

Tuesdays 2-3pm
Studio
All abilities welcome.

SEWING FOR ALL

Wednesdays
10.30am-12.30pm
Art Room

WOMENS TABLE TENNIS

Wednesdays 11-12pm
Studio

PILATES

Wednesdays
All levels welcome
6-7pm
Studio

CHAIR BASED EXERCISE

Thursdays
11.15am-12.15pm
Studio

CHAIR YOGA

Fridays 11-12pm
Studio

ART GROUP

Fridays 11am-1pm
Art Room


ZUMBA

Saturdays
11.45-12.45pm
All ages welcome
Studio

UPCYCLING CLOTHES

Saturdays 12-2pm
Art Room

ALL MEMBERS WELCOME. REGISTER AT RECEPTION.

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