

Welcome to the May newsletter – the keen eyed amongst you will notice that we are slowly changing the design of the newsletter. We now have a list of books for the coming months in our book club and the April Computer classes are now confirmed (see over). We are adding a regular Poets Corner. Following feedback received we are also making the quizzes a regular feature. Is there something you would like us to include? Let us know! events@ageukwalthamforest.org.uk



Exercise Classes

Our exercise classes are currently taking place via zoom, free to attend simply email events@ageukwalthamforest.org.uk with the name of the classes you would like to attend.

Mondays 10.30am

Bollywood Dance – Energetic Dance Class

Tutor: Vanessa Downie

Wednesdays 3.00pm

Seated Yoga - gentle and relaxing

Tutor: Katriye Ibrahim

Thursdays 1.15pm

Tai Chi - Qigong, exercises & Yang Style Form

Tutor: John Poon

Fridays 10.00am

Tai Chi - Qigong, exercises & Yang Style Form

Tutor: Ko Poon



Poets' Corner

Born in the Merry Month of May

'Tis the Merry Month of May
When Buds do Bloom and Lambs do Play.
When High in the Sky the Swift does Soar
And New Growth Fills the Forest Floor.
An English Spring is a Wondrous Site
It Surely is a Painter's Delight!

Myra Wasserman

Would you like to submit a poem for Poets' Corner? Please send to events@ageukwalthamforest.org.uk



Friday 21st May
2.15pm-4.15pm

Exercises for Better Breathing and Qi-Gong Workshop

Join us for an in depth session covering the benefits of Qi-Gong – gentle movements to help move blood and oxygen around the body, nourishing the organs and tissues promoting healing. Qi-gong helps to calm the mind, relieving stress and anxiety, we will include a seated meditation to reinforce the standing Qi-Gong breathing as well as Do-In self massage techniques which can help with many symptoms e.g. back problems, shoulder pains etc. This session will be held on Zoom and led by Poon Dojo.

The workshop is free, however we would appreciate any donation no matter how small to help us to cover costs either by cheque to our office or by this link

<https://uk.virginmoneygiving.com/donation-web/charity?charityId=1016426>

simply email events@ageukwalthamforest.org.uk to register



Computer Classes

Currently taking place via zoom, free to attend simply email events@ageukwalthamforest.org.uk with the name of the sessions you would like to attend.

6th May, 10.00am-12.30pm

Moving my things around the PC and to and from other devices

This session looks at how photos, music, documents (and everything else) are stored on computers, tablets, phones, cameras, and other devices and then shows how you can move them from place to place, either within a device or from one device to another. Once you know the simple techniques you should be able to move and copy anything from one place to another. We'll suggest ways to organise your data (photos, music, documents etc.) so you can find what you are looking for and how to make sure they won't all be lost due to a technical problem. Although the session touches on cloud storage, its focus is on using a PC's hard disk as the main storage location

13th May, 10.00am-12.30pm

Online storage, google drive, dropbox

What are the different storage options that are available? What's free and what do you have to pay for? This session gives an overview of the different options and how they work

17th May, 1.30pm-3.30pm

Tech Support Group

Ever wished you had someone to turn to when you get stuck on a technology matter? Need help/advice about computers, tablets, phones, or other technology? Want to keep up to date about technology and learn new things? Want to meet people like you to share experiences? Our experienced panel of volunteers will be on hand to lead the relaxed group and to answer your questions

20th May, 10.00am-12.30pm

Guide to Google and Gmail

What Google is and (some of) what Google does. There's an overview of Google Drive, Maps, Photos, Chrome, operating systems, music and hardware. Gmail, Tasks, and Calendar are explored, and a quick look at Jamboard, the interactive whiteboard

27th May, 10.00am-12.30pm

Technology, Apps and Computing – Our IT volunteers favourite things

Our IT volunteers take it in turns to present their "Favourite Things"; those apps, websites, features and bits of technology that they are most enthusiastic about. Find out what's on their list. Is it the same as yours? They'll probably be some surprises and things you may not be aware of

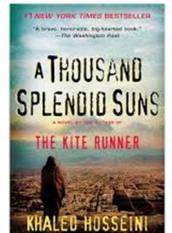
Bookclub 2021

Do you love reading and like to discuss books with others? Why not try out our bookclub!

We are a friendly group who take it in turns to choose the book for the month and then meet to discuss it. In normal times we meet over tea and biscuits but at the moment we are meeting via zoom. We usually meet on the 2nd Thursday of the month at 2pm – 4pm. These are the books chosen for the months ahead. If you would like to join, please email Ingrid at i.ambrose@ageukwalthamforest.org.uk

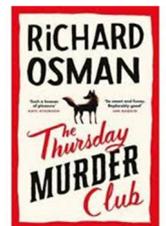
13th May

A Thousand Splendid Suns
by Khaled Hosseini
A powerful story of strong friendships and struggles against brutality & fear.



10th June

Thursday Murder Club
by Richard Osman
A light hearted crime story of amateur sleuths in a retirement village investigating murder.



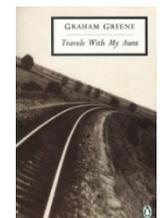
8th July

Ombria in Shadow
by Patricia A McKillip
A rich gothic fantasy and winner of the World Fantasy Award 2003.



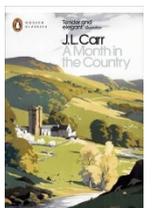
13th August

Travels With My Aunt
by Graham Greene
An enlightening voyage leaving suburbia for adventure



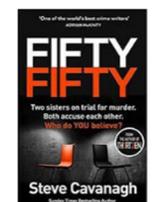
9th September

A Month in the Country
by J L Carr
Post WWI, the pursuit of renewal and belief in an uncovered mural



14th October

Fifty Fifty
by Steve Cavanagh
Clever legal drama of two sisters accused of murder



Spotlight: Barry Coidan, Treasurer, Age UK WF

I've lived in Walthamstow for 25 years and am married with three cats. I have an allotment and spend a lot of time thinking about my next holiday in Antarctica. I write poetry - some of which I think is good! and belong to a couple of poetry groups. During lockdown we've been having virtual poetry reading sessions. As the weather improves my wife will see less and less of me as I'll be planting and digging down at my allotment.

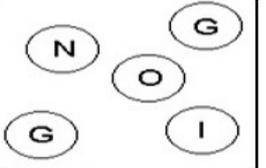
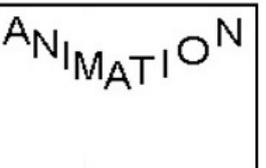
Before I became an Age UK Waltham Forest Trustee I'd been a Trustee for five years at the local Citizen's Advice Centre. I gave that up thinking I wanted more time to myself but soon was knocking on Age UK Waltham Forest's door. I can't recall how I found out about being a Trustee here but after an interview with Emma and our previous Chair I joined our happy band.

I don't consciously think that being a Trustee is a "good thing." I suppose it is as organisations like ours rely on volunteers and Trustees to help keep the boat afloat. I get a kick out of helping out with some of the challenges Emma and her team face. As a Trustee I can put in my oar when needed and it's satisfying when you know that you've contributed to a success or helped mitigate a disaster.

Behind the scenes can be quite exciting - helping to sort out the centre's utilities bills- one year I spent hours tracking down the centre's water meter. Being a Trustee you learn more about the national organisation – Age UK and talk with Trustees from other local Age UKs who invariably have similar problems: mainly getting money in to provide the services.

Covid has changed much in the way we interact. I miss going to the centre for the quizzes and celebrations, the fitness classes and talks. Our Committee meetings have been over Zoom and various classes have moved on line. It's been quite an experience this last year or so, but I've thoroughly enjoyed being a Trustee. I'm looking forward to being able once again to visit the Hub and meet up with familiar faces.

This month's **Dingbats** – have a go! Thanks to Phil Joiner for allowing us to use this content

			
01	02	03	04
			
05	06	07	08
			
09	10	11	12



Walking Together

• WELLBEING WALKS IN NATURE •

EVERY THURSDAY

11am - 1pm

Meet at Friday Hill TMO
E4 6HZ, Chingford

Join The Hornbeam's FREE walks

- Explore beautiful green spaces
- Walk at a pace that works for all
- Meet friendly & supportive people
- Share experiences over tea & snacks



Registration is required:
hornbeam.org.uk/wellbeing-walks

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Walking Together

• WELLBEING WALKS IN NATURE •

EVERY TUESDAY

11am - 1pm

Meet at Kukoolala Cafe
E10 7BL, Leyton Jubilee Park

Join The Hornbeam's FREE walks

- Explore beautiful green spaces
- Walk at a pace that works for all
- Meet friendly & supportive people
- Share experiences over tea & snacks



Registration is required:
hornbeam.org.uk/wellbeing-walks

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Dingbat answers

- | | | | |
|-----------------|---------------------------|-----------------|-------------------------|
| 1. Toucan | 4. Going round in circles | 7. Mixed Greens | 10. Lucile Ball |
| 2. Square dance | 5. Day in, day out | 8. No left turn | 11. Help Line |
| 3. Leftovers | 6. Count Dracula | 9. Tutu | 12. Suspended Animation |