



THE
AVENUE
CLUB

ACTIVE . SOCIAL . LIFE

Autumn Newsletter

October 2020

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NEWS FLASH - 16th October 2020 - The Avenue Club

With London moving into Tier 2 (High) we need to ensure that we fully comply with the Government's rules on socialising and mingling. We would like to be able to keep the Avenue Club open as a safe place to come and do exercise and participate in activities.

All our classes and activities are managed in a COVID-19 Secure way so we will keep them open for as long as we are able. We do, however, need to ensure that from Monday, 19 October there is absolutely no socialising or mingling inside the building. For this reason we ask that when you arrive you go directly to your place and you do not stop to chat to other members. The same will apply at the end of the class. We ask that you stay in your place until you have paid and then please exit the building immediately.

You can talk to other members outside the building in groups of no more than 6 whilst continuing to social distance. It is important that we all adhere to the guidelines and we will be ensuring that all visitors to the Centre comply. We will keep this under constant review and will make further changes as necessary.

Following is an update on what has been happening at the Club since we re-opened and details of the classes which are running at the moment.

We opened our doors in August, first to come back were our **Hairdressers**, Wilma & Isobel, and Farida. Our members were delighted to see them again and they have been kept very busy.

Men's Wellbeing classes restarted and as the weather has been generally so good, Garry is able to take part of the class outside in the fresh air. Our men are happy to be back and enjoying spending time together again.



Our **Line Dancers** came back in early September with 2 classes to enable social distancing. Both classes are well attended and Michelle is very chuffed to be back, as is Kevin our **Chiropodist**.



We are happy to report that Serge is fully recovered and he and his **Walking Group** set off in the sunshine in late August for their first walk since March. Brilliantly organised to adhere to the guidelines, the walks are now taking place every month.

The **Knit & Stitch** ladies also returned in August and are continuing work on this year's quilt. The subject this year is 'Houses and the Community'. Even though they have been busy knitting, stitching and crafting at home, they are grateful to be back and able to see each other in the safety of The Avenue Club again.



Marietta is thrilled to be back running her **Spanish** classes which are going well and our **Creative Writers** have also returned to The Club. Harriet Grace, class tutor says – 'Every week during lockdown and now in slightly less restricted times, each member of the class has written, powerful, vivid and moving pieces of work, which have been a pleasure to read. There are four pieces written by Jenai Cotterill, Michael Lowe, Susie Heavens and Susan Murray. They are all of this time and are funny, ingenious, moving, inspiring – do please read them!

Our **Seated Exercises, Low Impact Aerobics** and **Yoga** classes are running again and many members have commented that they are thankful to be back exercising again.



Ross Alley has returned with an Autumn series of **Opera Lectures**, focusing on Donizetti. Our opera buffs were delighted to be back and enjoyed the new format which includes showing clips and excerpts from recent Operas on screen. One of our members writes – ‘I went to the opera class on Thursday and was very impressed with the way it was organised and that everyone seemed to be complying with the guidelines’.

Our **Film Club** is resuming online on Tuesday 27th October, 1—2.30pm. This is for those who enjoy viewing and discussing films and sharing ideas. John starts with a short lecture, then shows film extracts followed by a group discussion. The title for this season is ‘British Cinema: A matter of Life and Death’ – a brief history of the various eras of British cinema and the British film industry.

Please contact the office if you would like any further information on Opera or Film.

The Virtual Avenue Club

In addition to **Film**, Melissa’s **French** classes and Caroline and Garry’s **Pilates** classes continue successfully online via zoom. Please look at our website for timetable details.

Important notice on zoom class payments.

Since September, we have been paying our teachers their full fees for holding classes. The teachers are keeping registers of class attendance and we have to reconcile attendance to monies received in our bank account. The zoom classes are all £8 but still on a pay as you go basis. Details of our bank account can be found below; please reference which class you are paying for.

Last but not least! It is obviously of massive importance that we keep ourselves and others safe at The Club. We have therefore written protocols for each class. Please let us know if you have not received one for the class(es) you attend. In order that we can continue to open our doors, please ensure that you adhere to our protocols, especially the requirements to keep safe distances, wear face coverings (unless exercising) and sanitising your hands. It is also essential to remember to book as we have reduced capacity for classes for social distancing reasons, **and also let us know if you can’t make it.**

As we write this, we are planning to re-start our **Art History** classes, online. **Alan Hertz History** classes and Caroline and Garry’s Wednesday and Friday **Pilates** may also start soon back at The Club - so watch this space! We are not able to give a return date for Art, Mosaics, Choir or Ukulele at the current time.

Avenue Club Subscriptions

This brings us neatly on to the subject of Annual Subscriptions! Following our last subs letter, many of you have paid the subs in full for which we are very grateful. Your continued support for the Club is now more important than ever. We are keeping the fees at £33 for a single member and £55 for couples (to 1st May 2021) which can be paid into our bank account:

Name: Kew Community Trust

Sort Code: 20-72-33

Account: 30806277

You can also drop a cheque or cash (in a named envelope) into the office or even (as we have now entered the 21st Century!) pay by contactless in the office!!

If you have any issues about paying this or you would rather not carry on as a member, please let us know. Finally, if you are unsure whether you have paid or not, give us a ring and we will check.

We really hope you are enjoying our classes, in spite of the ‘new normal’, we are delighted to see you all.

Best wishes, Lisa, Caroline and Siobhan, The Avenue Club Team