



ACTIVE . SOCIAL . LIFE

# Spring Newsletter

April 2021

St. Luke's in The Avenue, Kew, Richmond, TW9 2AJ

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[www.kewcommunitytrust.org.uk/avenueclub](http://www.kewcommunitytrust.org.uk/avenueclub)

It's wonderful that Spring has arrived at last - the magnolias are magnificent, blossom is blooming and, as it stands, we are on track for a gradual return to The Avenue Club. Our Hairdressers and Chiropodist will be back mid April and our intrepid walkers have a walk planned for 15th. Following that, fingers crossed, most classes will return to the Club in May.

We will be in touch as we have news, but please be aware, government guidelines on social distancing etc. have not changed and will have to be adhered to. We have outlined the details overleaf.



**It's that time of year....**As some of you may have noticed, we have had to increase the cost of some of our classes, this is largely due to Covid-associated factors e.g. running 2 classes instead of one to allow for adherence to social distancing, additional cleaning etc. However, the good news is, we have been able to maintain membership cost at the same level as previous years i.e. £33 for a single membership and £55 for joint membership. Your Subs are due for renewal on May 1<sup>st</sup>. As you know Covid has forced us to divest ourselves of our much-loved payment baskets, similarly we are trying to modernise modes of payment for memberships, so please choose from one of the following:

◆ **Use the following relevant link (preferred option)**

Single membership:

<https://checkout.square.site/merchant/MLVKD9GFBS0B9/checkout/KOYHT7OSKSYQVHZCEBLA5JVD>

Joint membership:

<https://checkout.square.site/merchant/MLVKD9GFBS0B9/checkout/E55VN2WLOI2VFJRABLPXI33A>

◆ **Payment by Bank Transfer to:** Account: Kew Community Trust

Sort Code: 20-72-33

Account Number: 30806277

Please ensure you put 'subs' as a reference (No need to add your name)

◆ **Use your contactless card when you attend the Club** (in the same way as the majority of you paid for classes when you attended at The Club last year)

If none of the above work for you, please do not hesitate to let us know.

### **Trial of the new Link Payment System**

Many members of the Art History and Pilates classes have kindly been trialling the "link system" for us and it seems to have been very successful, hence our decision to roll it out for membership payment as well. To all those who are currently using this system – thank you for embracing it but could we ask that, if at all possible, you pay on the day of your class, otherwise it can be hard to reconcile which week's class you are paying for (and gives Lisa a headache!)

## The Virtual Avenue Club

All our Zoom classes have been running very successfully and we have even added a couple of new ones!

We started **Meditation** on a 6 week trial and it has proved so popular that it will continue as a regular fixture.

Jacqui braved teaching in the virtual world; her **Seated Exercise class** has been running well ever since and attracted new members - here's what they had to say 'We think Jacqui is lovely and her workout is super'.

**Alan Hertz** returned by popular demand with his Visions Of London series and will start a new series on 12th May.

The **Film Club** were watching and discussing Hitchcock films in March and will return on 13th April with 2 sessions on the Coen Brothers, followed by a fascinating series on 'Documentary Film: the new fiction.

All our other Zoom classes - **Art History, Creative Writing, French, Line Dancing, Men's Wellbeing, Pilates, Spanish and Ukulele** are well attended and will continue online until we are able to re-open in May, all being well.

As mentioned, Serge will be leading our **Walking Group**, in groups of 6 as before, starting on 15th April; they will begin with a stroll across Kew Bridge to examine the building site for the new stadium at Brentford, along to Syon House and Isleworth then back to Kew via Richmond Lock and Old Deer Park.

**Dates for 2021: 20th May, 17th June, 15th July, 19th Aug., 16th Sept., 21st Oct, 18th Nov. & 9th Dec.**

## Agility, Mobility & Balance

Garry Freer will be back at the Club on June 11th with an 'Agility, Mobility & Balance' class. Agility improves flexibility and control which in turn will help the body to maintain proper alignment, posture and balance during movement and prevent injury and falls as well as keeping you mobile, fit and active.

To complement Garry's class, our resident **Strength Training** Expert, Stephen Weil offers small group or individual strength training sessions.

Please contact the Office if either of these are of interest.

Ross Alley will return with a five part series entitled **Opera and the Mysterious** on 10th June. Our opera buffs have missed his lectures and look forward to them re-starting.



**Feeling Creative?** If you have found yourself at a loose end over lockdown and started creative activities at home, why not get out and join one of our arty groups? Our **Knit & Stitchers** are always ready to welcome new members. Everyone in the **Mosaics** group started out as a beginner and new members are always welcome. Our **Art Group** are a lively bunch, covering different media – drawing, watercolour, acrylics, pastels or printing; Linda is there on hand to support you in creating your very own masterpieces.



## Returning to The Club

Understandably, there have been assumptions that, as you may well have had both your vaccinations by the time you return, there will no longer be a need to socially distance/wear a mask when you are at the Club. Unfortunately, this is not the case because, whilst the rollout of the Government's programme is proceeding well, vaccination is not compulsory or 100% effective against infection. This will mean that you will be asked to wear a mask in common areas, socially distance as required by the class you attend etc., in other words adhere to class protocols as you did when you last attended the Club. We also encourage you to take advantage of the twice weekly rapid tests available to everyone in England as announced by the Government this week. **If you require any further information about any of the above, please do not hesitate to let us know.**

Let's hope we can get 'back to normal' and we look forward to opening the doors to The Avenue Club again soon.

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