



THE  
AVENUE  
CLUB

ACTIVE . SOCIAL . LIFE

# Autumn Newsletter

September 2021

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

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How lovely it has been to see lots of our Members back at The Club. Most of our classes have returned, many from a well deserved Summer holiday. We have some new classes and all being well, as the restrictions are easing and we are all more confident about getting out and about, we would very much like to start offering regular teas, coffees and lunches back in the Club; we miss the buzz of members having a coffee after a class or meeting here for a chat! We're also hoping to start an 'Activity and Lunch Club' for those who are unable to get out as much as they would like. Watch this space for more info!

Lisa is currently working on putting on some talks and events later in the year, and we will be holding a Table Top Sale on Thursday 25th November - our Knit & Stitch ladies are busy finishing off the quilt for the raffle and fingers crossed, we will be inviting you to Christmas lunch in December!!

We have a new Team member in the Avenue Club office; Sue Withers joins us all the way from Teddington and we're looking forward to working with her.

Our activities will return in full swing in September with some new classes that we hope will be of interest.

## New Beginners Classes

**Spanish:** Marietta is starting a beginners Spanish class from 20th September as well as continuing on with the Advanced Beginner and more Intermediate levels (re-starting 13th Sept.) Her focus for the beginners class will be on being able to converse in, and understand Spanish, hopefully while travelling, visiting, ordering tapas or watching Spanish Netflix!



**French:** Melissa would like to start a beginners French class but so far we do not have enough interest to start. Please let us know if you are interested.



**Line Dancing:** Bryan's beginners Line Dancing class will start on Thursday 23rd September 12- 12.45 (£6) If you have never done Line Dancing before and fancy giving it a go, please get in touch with the Office for more details. Come by yourself or with a friend - it's a great way to meet new people and have some fun. Everyone is welcome.

## Volunteers Needed

We are very grateful to our current volunteers - they do a fantastic job making teas and coffees for our knit & stitch ladies and art groups on Mondays and Wednesdays.

We are looking for more volunteers to commit to a regular couple of hours a week or fortnight to help us facilitate the refreshments and lunches we would like to provide again.

We'll also need volunteers to help with the activities in our Activity & Lunch Club.

## KCT Annual General Meeting

The Kew Community Trust AGM is on 27th September at 7pm. All members are invited but space will be limited so let us know if you intend to come along. We hope to see you there.

Here's a reminder of all our other classes -contact the Office if any of these are of interest:

### Mosaic Art: Mondays 1-3pm

### Art: Wednesdays 1-3pm

Linda runs both classes and is always on hand to give advice and guidance. These are fun and lively groups, who are very supportive of each other. New members of any level, ability and age are very welcome.

### Caroline's Monday Yoga

This is a Hatha Yoga (general) class of mixed ability with a focus on balancing the body using the breath to gently mobilise, stretch and improve strength and muscle tone, to facilitate the release of tension in the mind and the body.

### Wednesday Yoga with Barbara

There are spaces in our 12.45 class. Also a Hatha yoga class – this floor-based practice is suitable for all ages and abilities and is based on breathing exercises, meditation, relaxation and mindfulness.



**Men's Wellbeing** with Garry Freer. This will get you out of the house on a Monday morning! Come along and make some new friends - the sessions are interactive and informative and our men report that they always have fun!

If you are thinking of a trip to Italy (next year!) why not join the **Italian** class and brush up your conversation skills on Tuesday afternoons.

**Garry's Balance, Agility & Mobility** classes on Fridays will improve flexibility and control, posture and balance during movement and prevent injury and falls as well as keeping you mobile, fit, active and happy!

Our **Pilates** classes are at the gentler end of the spectrum, suitable for those with some basic to intermediate experience.

Our Ukulele Group, **The Avenukes** continue to enjoy their ukulele sessions with Norman May and we love hearing them practice on Friday afternoons.. New members of any ability are always welcome!



### Seated Exercises with Jacqui

Jacqui will be back on 7th September full of energy after her holiday to restart her seated exercise classes. Along with improving strength and flexibility, safe seated exercise also boosts your mood, helping to keep you fit and healthy.

**Low Impact Aerobics** Come along and have lots of fun. Starting with an aerobic warm up featuring well known songs you will then also tone up all those important areas... Legs, Bums and Tums!!! The class will finish with some relaxation and stretching. You will leave feeling happy and energised!

### Avenue Club Walkers

Serge's walkers were out again in August. This time, they were treated to lunch in the secret garden at Hickey's Alms Houses with Rev. Stuart Lee, the Almshouse Chaplain, who talked interestingly about the Almshouses and the chapel. As always, a big thank you to Serge for his continued enthusiasm and organisation of this popular activity.

**Next walk - 16th September**

### The Virtual Avenue Club

**Our Online classes continue and numbers are not limited so please let us know if you would like to join any of the following:**

**Caroline's Monday Meditation** class continues between 3-4pm. From the comfort of your own home, you can relax and enjoy gentle seated stretches and breath

control. Caroline will help you find peace and apply techniques to balance your mind, body and spirit. This class is open to everyone. **Monday Pilates** continues on Zoom; **Art History** and **Film Club** will be running on Zoom with a monthly 'in house' lecture.



**Opera** is returning to The Club on 16th September  
**“Opera in Nature”**



**16 Sept – Opera & Flora 1 (Flowers)**  
**23 Sept – Opera & Flora 2 (Trees & Plants)**  
**30 Sept – Opera & Fauna (Animals & Birds)**  
**7 Oct – Opera & the Celestial (Moon & Stars)**

Ross will follow this with a second series:  
**“Opera and the Four Elements”**  
**(Fire, Water, Earth and Air)**

**11th November: Fire**  
**18th November Water**  
**25th November: Earth**  
**2nd December: Air**



As space is limited, please let us know if you intend to come along.

We are delighted that **Art History** is returning to the Club in September; as well as her new series on Zoom, Caroline will run 4 in house lectures. Details below:

7 September: **Peter Paul Rubens**  
5 October: **Jean-Honoré Fragonard**  
3 November: **Marc Chagall**  
7 December: **Alberto Giacometti**



The series of online lectures will focus on a geographical area that may be intriguing for many of us: the North of Europe. Lately, in films and TV series, novels, and design, the Nordic touch has been quite popular. What about visual arts? Join in and find out more! Sounds fascinating!



## Avenue Club Film Club

The Film Club will be starting again on 21st September. John Wischmeyer will run weekly online sessions on **The New Hollywood** between **12-1.30 on Tuesdays**.

These will be interspersed with a monthly screening of **‘Films You May Have Missed in Lockdown’** back here at The Avenue Club on the last Tuesday of the month from 10.30 - 12.30.



**Calling all Gardeners...**We are lucky that we have some nice outdoor areas but think we could make much more of them. We would really like our members to be involved in making the area more welcoming and colourful all year round. If you would like to help, including planning how it can be made more attractive, please contact us. Gardening is not only good exercise but working in nature is equally good for our wellbeing.

A new charity, ‘space2grieve’ have contacted us. Locally founded, run and managed they are the only community-led bereavement service for the residents of Richmond Borough; they are offering **free, personal and confidential bereavement support** for adults, children, young people & families who live in the local area. They can be reached on: 07519 376 363 [support@space2grieve.org.uk](mailto:support@space2grieve.org.uk) or [www.space2grieve.org.uk](http://www.space2grieve.org.uk)



## Visit by Sarah Olney, MP

We are very excited to announce that our local MP, Sarah Olney, will be visiting The Avenue Club on 5th November. You are very welcome to meet her during her visit and we will let you have more details nearer the time.



## A message from our new CEO, Simon Boddis:

In the last newsletter I wrote about how delighted I was to have just started as CEO and now 10 weeks on I remain equally delighted in being able to contribute to making the Avenue Club such an important part of Kew life. One of the key issues for all of us, and to which we have given a great deal of thought, is how we make the Club as welcoming as possible during the strange times we are all living through. When we asked you in July the over-whelming response was that we should keep our Covid restrictions in place. That we have done and will continue to do so until you tell us otherwise. But there is no doubt, that whilst many of the activities have continued, the social aspect of the Club has suffered. I know this is a key part of any Community Centre so we intend to slowly introduce the ability for members to use the Avenue Club more socially to stay (or drop in) for chat and have a tea and coffee. Depending on how popular this is we will look to start introducing snacks and food but far more importantly I would really like to bring back the social aspect of the Club. We will continue with Covid precautions but really hope you welcome us opening up slightly more. The whole Avenue Club team and I also want to make sure we are providing the activities you as members really value. We would really like your ideas on what else we could provide, either, classes or activities - these could be anything from book clubs to board games. Our mobile 'phone clinic was really popular and we thank Paul for his help and enthusiasm in running it and plan to do far more in this area. Please let Lisa, her team or me know if you have any ideas on activities you would like to see.

Your views really do matter to all of us, Simon.

## The Avenue Halls – Our beautiful Halls for Hire

Kew Community Trust's Avenue Halls,, consist of five spaces of different sizes, with great facilities, and can be hired at excellent rates for adult or children's parties, wakes, weddings and other celebrations. They are also ideal for activities, classes or meetings, and are available for one-off events or regular hire. Local groups and societies often use our facilities for meetings... do consider us for your next life event – we would be delighted to welcome you! Please contact us on 020 8948 8806 or email [vicky@kewcommunitytrust.org.uk](mailto:vicky@kewcommunitytrust.org.uk) or [philippa@kewcommunitytrust.org.uk](mailto:philippa@kewcommunitytrust.org.uk).



**A message from Abi at KNA:** Kew Neighbourhood Association delivered Summer Tea Boxes to our clients in July in lieu of our annual client tea party, yet again, due to the pandemic. We really appreciated receiving thanks and feedback following the deliveries made by our volunteers. *'Thank you so much for your kindness and support for us vintage denizens of Kew. KNA's brilliant service is invaluable and is greatly appreciated by all who come into contact with it.'*

We are at Kew Market on Sun 3 Oct. Do come and visit us for a chat if you would like some additional support or if you wish to become a volunteer, or phone Abi on 07951 293 319 .

**Signing in Book:** In September we will be re-introducing the signing in book as you enter the building. Please don't forget to sign in and out.

**Finally...a big Thank You.** We'd like to thank everyone for continuing to follow the social distancing and mask wearing guidelines and for your patience with booking classes. It gives us peace of mind that we are providing our members with a safe environment while we continue to return to a sort of normality.

If you would like any information about any of our classes, please don't hesitate to get in touch. We're in the Office between 10-3pm every day or please call or e-mail us.

**Lisa, Siobhan and Sue, The Avenue Club Team**