

fifty⁵⁰plus

September 2011
to April 2012
Issue 33



Leisure activities for the over 50s

ROYAL
OPERA
HOUSE



Olympic
Lunch
Special

The Shuttleworth
Collection



THE
ESSEX
HIGHLANDS



BAPS

Shri Swaminarayan *Mandir*



WINCHESTER
CHRISTMAS MARKET

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Welcome to the Fifty Plus

Welcome to the Fifty Plus which provides activities for those predominantly of retirement age; however this is not exclusive, anyone can join in! In this brochure you will find all the information you need to take part in the various Fifty Plus activities across Hertsmere. If you would like to receive the brochure in the post, please contact us with your details.

The Fifty Plus programme contains a host of weekly activities, trips, courses and special events.

We are constantly trying to update the programme of activities to keep it as fresh and exciting as possible and to do this, we need your help. Our user group, made up of customers from our various activities across the borough, has been running successfully now for ten years, and hopefully you have seen some of your ideas and suggestions filtered through to the programme. You can also put your idea in the space provided on the booking form.

Please ensure you have the appropriate clothing/protection with you to suit the weather at the time of the activity. In severe weather conditions, please check with the office before attending to ensure your activity is still running.

Fifty Plus

Community Services
Hertsmere Borough Council
Civic Offices, Elstree Way, Borehamwood
Herts WD6 1WA
Telephone: 020 8207 7568
Fax: 020 8207 7478
Email: community.services@hertsmere.gov.uk
www.hertsmere.gov.uk/fiftyplus

***We look forward to welcoming you
to a Fifty Plus activity soon.***

Please note:

An individual's personal equipment is the responsibility of the customer and should be covered by their own insurance. Customers are also responsible for the maintenance of their own equipment and its transportation. Staff are not permitted to carry personal belongings or equipment of customers.

Long term health issues will be given additional consideration to enable customers' participation in their chosen activity.

If you would like to see an activity set up in your area of Hertsmere, please let us know.

Our Fifty Plus activities

In some instances, there may be a break in the programme. Please check the brochure or ask a member of the team for further information.

In the majority of cases, equipment is provided to get you started, so you don't need to go to any great expense to get involved. Simply call the Fifty Plus team to check availability. If you are undertaking any new physical activity please ensure you check with your doctor whether it is suitable for you. **Please let your instructor know of any particular illness, or if you are on any medication.**

ART - Held in Potters Bar and Borehamwood

Social Art led by Fifty Plus volunteers uses watercolour as its main medium. Watercolour paints and brushes are available to buy at our art sessions.

BADMINTON - Held in Potters Bar

Come alone or bring a friend or partner. Equipment is provided. We are able to offer one badminton court every Wednesday in Potters Bar.

BALLROOM and LATIN - Held in Potters Bar

No need to book. Just come along. Bring a partner or friend. Tuition will be given for the first half of the lesson and requests for the second half.

BOWLS INDOOR - Held in Potters Bar, Borehamwood and Bushey

We have 50' mats at our bowls venues in Borehamwood, Potters Bar and Bushey. In all cases please wear flat, treadless rubber soled shoes. Woods are available for use at our groups free of charge. Monday at Maxwell Youth & Community Centre is available for both experienced and complete beginners. Please contact the office to reserve a place if you wish to learn.

BOWLS INDOOR Easy Going - Held in Borehamwood

This easy going group is held every Monday afternoon in Maxwell Youth & Community Centre and is played in a relaxed and friendly atmosphere. This is suitable for all abilities.

BOWLS FOR BEGINNERS - Held in Borehamwood

If you are a complete beginner, you can learn on a Monday or Wednesday morning at Maxwell Youth & Community Centre in Borehamwood. Please contact the office to book your place.

BOWLS OUTDOOR - Held in Borehamwood (May to September)

If you are a complete beginner, please book on the course section of the brochure. If you already have a basic knowledge of outdoor bowls, just turn up – no need to book. All equipment provided. Flat treadless soled shoes must be worn. Please bring suitable protection against extreme weather conditions.

BRIDGE RUBBER - Held in Potters Bar and Borehamwood

Our social group is intended for those who have a basic knowledge of rubber bridge. Cards, tables and score sheets are provided.

Our Fifty Plus activities

BRIDGE FOR THE BEGINNER - Held in Borehamwood

No experience necessary. This will be a course booking only. Cards, tables and score sheets are provided. If you are a complete beginner, please contact the office to register your interest.

CHAIR BASED EXERCISES - Held in Potters Bar, Borehamwood and Bushey

This is a gentle chair based exercise to assist in enhancing mobility, strength, posture and wellbeing. If you struggle to take part in other activities, then this will suit you. It will compliment any previous physiotherapy you may have had in assisting and maintaining maximum mobility.

GOLF - Held In Bushey

A six week course is being held to advance on the skills being learnt by the beginner. A qualified coach will deliver the classes. This is a lovely opportunity to improve your game.

KEEP FIT - Held in Potters Bar and Borehamwood

Our qualified instructors offer specially designed classes for our Fifty Plus customers. Classes are available for all abilities and levels of fitness, including easy-going groups for beginners. Loose comfortable clothing and flat, rubber soled shoes are essential. Keep Fit classes are available in Potters Bar and Borehamwood. Please contact the Fifty Plus team as a number of our classes are very popular.

LINE DANCING - Held in Borehamwood and Potters Bar

No partner needed. We have two classes that cater for all abilities. If you are a complete beginner, please contact the office to register your interest.

MUSICAL KEYBOARD GROUP - Held in Borehamwood

We offer four tutored classes one complete beginners and three intermediate classes with some knowledge of keyboard playing. The beginners class will benefit those who would like to learn how to play along with programmed rhythms. You require your own keyboard to take part in all classes. Please contact the Fifty Plus team first to check availability.

PILATES - Held in Potters Bar and Borehamwood

Pilates is an exercise method developed by Joseph Pilates in the early 1920s in New York. Taking inspiration from a number of disciplines including yoga and ballet, it focuses on strengthening the abdominal and lower back muscles. Students learn to co-ordinate breathing with movement in order to focus on the exercises. The slow, precise, low impact movements stretch, strengthen and tone the whole body. Pilates is suitable for people of all ages and abilities. The exercises are predominantly floor based. It is recommended that students bring a blanket and small cushion if possible. This is a course booking only with limited spaces available.



Our Fifty Plus activities

SCRABBLE - Held in Potters Bar

Ideal for those who wish to play a variety of card and board games in a relaxed, informal environment. All equipment is provided. No partners required. Held in Potters Bar and Borehamwood.

SINGING - Held in Elstree

Singing for Pleasure is our motto, whether entertaining local clubs or rehearsing at weekly sessions. If you enjoy singing and would like to join a friendly group – please come along. No musical knowledge necessary and fun is guaranteed. Ranging from light opera to songs from shows - new ideas are always welcome.

TABLE TENNIS - Held in Potters Bar and Borehamwood

One of our most popular activities, this is ideal for the more active customer. Playing for fun, this activity is suitable for all levels of expertise! Equipment is provided. Please wear appropriate footwear with grip on the soles.

TAI CHI - Held in Borehamwood and Potters Bar

An ancient form of Chinese exercise which encourages and improves fitness, balance and posture. All movements are in the standing position. The class consists of Yang Style 24 Form. Wear loose comfortable clothing. Sessions are suitable for beginners and improvers. This is a course booking only with limited spaces available.

TAP DANCING - Held in Potters Bar and Borehamwood

All you need are your tap shoes. You don't need a partner. We have classes to suit most needs ranging from beginners, intermediates and the more advanced.

YOGA - Held in Borehamwood and Bushey

Hatha Yoga is the balancing of mind, body and breath – it brings about a peaceful mind, strong and supple body and awareness of breathing. Designed to release tension, stress and anxiety it leaves you feeling completely tranquil and revitalised. Please bring a blanket or non-slip mat and avoid eating a heavy meal before the session. The Yoga sessions are held during the day on a weekly basis and on an evening course booking. Details of our special Yoga courses can be found in the 'Short Courses' section of this brochure.



Potters Bar

MONDAY

KEEP FIT

Mixed ability. Beginners welcome.

Elm Court Youth & Community Centre.

Time:2pm - 3pm

Starts:5 September 2011

Finishes:26 March 2012

No sessions:24 October, 19 and 26
December 2011, 2 January
and 13 February 2012

Restarts:16 April 2012

Price:£4.00

CHAIR BASED EXERCISE CLASSES

Furzeffield Court

Time:2pm - 3pm

Full details on page 10.

TUESDAY

KEEP FIT - *The Easy Going Group*

This is suitable for all abilities.

The Wyllyotts Centre, Potters Bar.

Time:10am - 11am

Starts:6 September 2011

Finishes:27 March 2012

No sessions:25 October, 20 and 27
December 2011 and 14
February 2012

Restarts:17 April 2012

Price:£4.00

TABLE TENNIS

Come along and join in. You don't need a partner. Please wear footwear with grip.
Elm Court Youth & Community Centre.

Time:10am - noon

Starts:Weekly

No sessions:25 October, 20 and 27
December 2011 and 10
April 2012

Price:£3.00

INDOOR BOWLS

Maximum of eight persons per rink. Please call the Fifty Plus team on 020 8207 7568 for availability. Wear treadless soled shoes.
Woods provided.

Elm Court Youth & Community Centre.

Time:2pm - 4pm

Starts:Weekly

No sessions:25 October, 20 and 27
December 2011 and 10
April 2012

Price:£3.50

WEDNESDAY

KEEP FIT

This is suitable for all abilities.

Elm Court Youth & Community Centre.

Time:11am - noon

Starts:7 September 2011

Finishes:28 March 2012

No sessions: ..26 October, 21 and 28
December 2011 and 15
February 2012

Restarts:18 April 2012

Price:£4.00

Potters Bar

BADMINTON

Please call the Fifty Plus team on 020 8207 7568 to check for availability. Elm Court Youth & Community Centre.

TIME:noon - 2pm

Starts:7 September 2011

Finishes:28 March 2011

No sessions:26 October, 21 and 28 December 2011 and 15 February 2012

Restarts:18 April 2012

Price:£3.00

BALLROOM & LATIN DANCING

First half of lesson learn Jive, Cha Cha, Quickstep and more. Second half requests Elm Court Youth & Community Centre.

Time:2.30pm - 4.30pm

Starts:31 August 2011

Finishes:28 March 2012

No sessions:26 October, 21 and 28 December and 11 April 2012

Restarts:18 April 2012

Price:£4.00

THURSDAY

TAP DANCING

Classes suitable for intermediate dancers. For further information, please contact the office on 020 8207 7568.

Elm Court Youth & Community Centre.

Time:10.30am - 11.30am

Starts:To be advised

Price:£4.00

LINE DANCING

This class is suitable for all levels. Elm Court Youth & Community Centre.

Time:2pm - 3.30pm

Starts:Weekly

No sessions:27 October, 22 and 29 December, 5 and 12 January, 5 and 12 April 2012

Price:£4.00

FRIDAY

SCRABBLE

This is a small friendly group, come and join in.

Elm Court Youth & Community Centre.

Time:10am - noon

Starts:Weekly

No sessions: ...28 October, 23 and 30 December 2011, 6 and 13 April 2012

Price:£3.00

BRIDGE

For those with knowledge of rubber bridge. Elm Court Youth & Community Centre.

Time:10am - noon

Starts:Weekly

No sessions:28 October, 23 and 30 December 2011, 6 and 13 April 2012

Price:£3.00

ART

Beginners welcome. Furzefield Court.

Time:10am – noon

Starts:Weekly

No sessions:28 October, 23 and 30 December 2011, 6 and 13 April 2012

Price:£3.00

Borehamwood and Elstree

MONDAY

MUSICAL KEYBOARD

Please contact the Fifty Plus team for details. Beginners and intermediates require own keyboard. Beginners (Tutored). All require the following: notebook, pen and pencil, headphones, Kenneth Baker Book 1-The Keyboard Player.

Please note: *An individual's personal equipment is the responsibility of the customer and should be covered by his or her own insurance. Customers are also responsible for the maintenance of their own equipment and its transportation. Staff are not permitted to carry personal belongings or equipment of customers.*

Allum Lane Community Centre, Elstree.

Time:9.45am - 11.45am

Starts:Weekly

No sessions:24 October, 19 and 26
December 2011, 2 January,
2 and 9 April 2012

Price:£4.50

INDOOR BOWLS

All levels. Some basic knowledge of bowls needed.

Maxwell Park Youth & Community Centre.

Time:10am - noon

Starts:Weekly

No sessions: ..24 October, 19 and 26
December 2011, 2 January,
2 and 9 April 2012

Price:£3.50

INDOOR BOWLS

Maximum of eight people per rink.

This is an easy going group in a non-competitive relaxed atmosphere.

Maxwell Youth & Community Centre.

Time:2pm - 4pm

Starts:Weekly

No sessions:24 October, 19 and 26
December 2011, 2 January,
2 and 9 April

Price:£3.50

TUESDAY

KEEP FIT

Come and join this friendly class.

7th Scout Group, Denbigh Lodge.

Time:9.45am - 10.45am

Starts:Weekly

No Sessions:25 October, 20 and 27
December 2011, 10 April
2012

Price:£4.00

ART

This group is tutored. Please call the Fifty Plus team to check availability.

Maxwell Park Youth & Community Centre.

Time:2pm - 4pm

Starts:Weekly

No sessions:25 October, 20 and 27
December 2011 and 10
April 2012

Price:£3.00

Borehamwood and Elstree

LINE DANCING

Suitability for both intermediate and advanced.

Maxwell Park Youth & Community Centre.

Time:2.15pm - 3.45pm

Starts:Weekly

No sessions:25 October, 20 and 27
December 2011 and 10
April 2012

Price:£4.00

WEDNESDAY

CHAIR BASED EXERCISE CLASSES

The Poplars.

Time:10am - 11am

Full details on page 10.

INDOOR BOWLS

Maximum of eight people per rink.

Complete beginners welcome. Please phone the office to book your place.

Maxwell Park Youth & Community Centre.

Time:10am - noon

Starts:Weekly

No sessions:26 October, 21 and 28
December 2011 and 11
April 2012

Price:£3.50

BRIDGE

Suitable for those with a basic knowledge of rubber bridge.

Organ Hall.

Time:1.30pm - 3.30pm

Starts:Weekly

No sessions:26 October, 21 and 28
December 2011 and 11
April 2012

Price:£3.00

KEEP FIT

Come and join this friendly class.

Farriers Hall, Borehamwood.

Time:2pm - 3pm

Starts:Weekly

No sessions:26 October, 21 and 28
December 2011, 4 and 11
April 2012

Price:£4.00

THURSDAY

YOGA

This class is suitable for all abilities.

Fairway Hall, Borehamwood.

Time:10am - 11.15am

Starts:Weekly

No sessions:27 October, 22 and 29
December 2011 and 12
April 2012

Price:£4.00

Note: See courses section for Yoga in the evening.

TAP DANCING

This is a friendly group for intermediates.

Maxwell Park Youth & Community Centre.

For further information, please contact the office on 020 8207 7568.

Time:2pm - 3.30pm

Starts:To be advised

Price:£4.00

Borehamwood and Elstree

FRIDAY

SINGING FOR PLEASURE

Everyone welcome. No experience necessary.

Allum Lane Community Centre, Elstree.

Time:10am - 12pm

Starts:Weekly

No sessions:28 October, 23 and 30
December 2011, 2 January,
6 and 13 April 2012

Price:£4.00

TABLE TENNIS

All abilities welcome.

Maxwell Park Youth & Community Centre.

Time:10am - noon

Starts:Weekly

No sessions:28 October, 23 and 30
December 2011, 2 January,
6 and 13 April 2012

Price:£3.00

Bushey

MONDAY

YOGA

Hatha Yoga.

St.James' Church House. Parking available in Kemp Place

Time:10.00am - 11.30am

Starts:Weekly

No sessions:24 October, 19 and 26
December 2011, 2 January
and 9 April 2012

Price:£4.00

CHAIR BASED EXERCISE CLASSES

The Bushey Centre.

Time:noon - 1pm

Full details on page 10.

INDOOR BOWLS

A counter system is operated for the allocation of mats. Maximum of eight persons per rink.

Bushey Grove Leisure Centre.

Time:1.30pm - 3.30pm

Starts:26 September 2011

No Sessions:24 October, 19 and 26
December 2011, 2 January,
2 and 9 April 2012

Price:£3.50

Courses

Please note that short courses are subject to a minimum number in order to proceed.

Advance booking and payment is essential. Please phone on 020 8207 7568 to confirm availability and to book your place whereby a booking form will be sent to you in the post.

There is a small discount for full payment of a term

CHAIR BASED CLASSES

Working in partnership with Hertfordshire Community Health Services, Age Concern and First Contact.

This is a gentle chair based exercise to assist in enhancing mobility, strength, posture and wellbeing. If you struggle to take part in other activities, this will suit you. It will compliment any previous physiotherapy you may have had in assisting and maintaining maximum mobility.

Please contact the office on 020 8207 7568 to check availability.

BUSHEY

The Bushey Centre.

Day:Monday

Time:noon - 1pm

Dates:.....Weekly

No sessions:19 and 26 December
2011, 2 January and 9
April 2012

Price:£3.00

BOREHAMWOOD

The Poplars.

Day:Wednesday

Time:10am - 11am

Dates:.....Weekly

No sessions:21 and 28 December
2011, 11 April 2012

Resumes:18 April 2012

Price:£3.00

POTTERS BAR

Furzefield Court.

Day:Monday

Time:2pm - 3pm

Dates:.....Weekly

No sessions:24 October, 19 and 26
December 2011, 2
January and 9 April 2012

Price:£3.00



FALLS PREVENTION: POSTURAL STABILITY

The Falls Prevention Programme has been running for over a year with great success. If you think this free 16 week course will be of benefit, then this class might be for you. It helps to strengthen muscles, improve posture and mobility and prevent further falls.

An assessment will need to be carried out by a qualified person to determine your suitability for this class.

Existing customers are using local Borehamwood Community Transport and sharing the cost.

Interested, please contact the office on 020 8207 7568.



POTTERS BAR

King Charles the Martyr

Day:Wednesday

Time:11.30am - 12.30pm

Dates:.....Ongoing

Price:Free



YOGA in Borehamwood

Our Hatha Yoga is a gentle exercise designed to release tension, stress and anxiety.
Please bring a blanket or non slip mat.

To book your place, please contact the office on 020 8207 7568.

Kenilworth School

This is suitable for beginners and intermediates.

Day:Wednesday

Time:7.30pm - 9pm

AUTUMN DATES

Dates:7 September - 14
December 2011

Number of weeks: ..13

No sessions:28 September and
26 October 2011

Full course price:£70.00 (13 weeks)

First half term:£33.00 (6 weeks)

Second half term:....£38.50 (7 weeks)

WINTER DATES

Dates:.....4 January - 28
March 2012

Number of weeks: ..11

No sessions:8 and 15 February
2012

Restarts:18 April 2012

Full course price:£59.50 (11 weeks)

First half term:£27.50 (5 weeks)

Second half term:....£33.00 (6 weeks)



PILATES

Pilates is a gentle exercise that what will help improve your flexibility and joint mobility as well as posture, breathing and confidence. It is predominantly floor based, lying or seated, with some kneeling exercises for those able to do so. An exercise mat is needed. Suitable for beginners.

A minimum of 10 people are needed to commence with these courses.

To book your place, please contact the office on 020 8207 7568.

POTTERS BAR

This is suitable for beginners and is a very gentle exercise class, emphasis on keeping flexible and mobile.

King Charles the Martyr.

Day:Wednesday

Time:10.15am - 11.15am

AUTUMN DATES

Dates:7 September - 14
December 2011

Number of weeks: ..14

No session:26 October 2011

Full course price:£75.00 (14 weeks)

First half term:£38.50 (7 weeks)

Second half term:.....£38.50 (7 weeks)

WINTER DATES

Dates:4 January - 28
March 2012

Number of weeks: ..12

No session:15 February 2012

Restarts:18 April 2012

Full course price:£65.00 (12 weeks)

First half term:£33.00 (6 weeks)

Second half term:.....£33.00 (6 weeks)

BOREHAMWOOD

This is suitable for beginners and improvers.

Maxwell Youth & Community Centre.

Day:Monday

Time:11.15am - 12.15pm

AUTUMN DATES

Dates:.....5 September - 12
December 2011

Number of weeks: ..14

No session:24 October 2011

Full course price:£75.00 (14 weeks)

First half term:£38.50 (7 weeks)

Second half term:....£38.50 (7 weeks)

WINTER DATES

Dates:.....9 January - 19
March

Number of weeks: ..10

No session:13 February 2012

Restarts:16 April 2012

Full course price:£54.00 (10 weeks)

First half term:£27.50 (5 weeks)

Second half term:....£27.50 (5 weeks)

GOLF in Bushey

An opportunity for all abilities to play golf over a six week period at the beautiful Golf & Country Club in Bushey. Golf clubs and balls are provided for the first five lessons, however, the intermediate and advanced players will need own equipment for the last lesson.

A minimum of 10 people are needed to commence with these courses

To book your place, please contact the office on 020 8207 7568.

Bushey Golf & Country Club

Beginners / Intermediates / Advanced.

Day:Thursday

Time:1pm - 2pm

Dates:8 September - 13
October 2011

Number of weeks: ..6 weeks

Price:£45.00



TAI CHI

Tai Chi combines both peace and strength and is designed to combat stress and improve health. The gentle peaceful movements are beneficial for internal organs. The class will be run accommodating the individual needs of each participant. Wear loose comfortable clothing.

To book your place, please contact the office on 020 8207 7568.

POTTERS BAR

This is suitable for all abilities.
King Charles the Martyr.

Day:Wednesday
Time:10am - 11am

AUTUMN DATES

Dates:14 September - 14
December 2011

Number of weeks: ..13
No session:26 October 2011
Full course price:£70.00 (13 weeks)
First half term:£33.00 (6 weeks)
Second half term:....£38.50 (7 weeks)

WINTER DATES

Dates:11 January - 28
March 2011
Number of weeks: ..11
No session:26 October 2011
Full course price:£60.00 (11 weeks)
First half term:£27.50 (5 weeks)
Second half term: ..£33.00 (6 weeks)

BOREHAMWOOD

This is suitable for all abilities.
Fairway Hall.

Day:Thursday
Time:3pm - 4pm

AUTUMN DATES

Dates:15 September - 15
December 2011

Number of weeks: ..13
No session:27 October 2011
Full course price:£70.00 (13 weeks)
First half term:£33.00 (6 weeks)
Second half term:....£38.50 (7 weeks)

WINTER DATES

Dates:12 January - 29
March 2012
Number of weeks: ..11
No session:27 October 2011
Restarts:19 April 2012
Full course price:£60.00 (11 weeks)
First half term:£27.50 (5 weeks)
Second half term:....£33.00 (6 weeks)

BRIDGE

BRIDGE FOR IMPROVERS

In Borehamwood

For the improver.

Maxwell Youth & Community Centre.

Day:Friday

Time:9.30am - 11.00am

AUTUMN DATES

Dates:9 September - 16
December 2011

Number of weeks: ..14

No session:28 October 2011

Full course price:£75.00

First half term:£38.50 (7 weeks)

Second half term:....£38.50 (7 weeks)

WINTER DATES

Dates:6 January - 30 March
2012

Number of weeks: ..12

No session:28 October 2011

Full course price:£65.00

First half term:£33.00 (6 weeks)

Second half term:....£33.00 (6 weeks)

BRIDGE FOR THE COMPLETE BEGINNER

In Borehamwood

If you are a complete beginner and would like tuition, please contact the office on 020 8207 7568 to register your interest.



**Please be aware, these courses have a limited number of spaces available.
Book early to avoid disappointment.**

For further information and a booking form,
please contact the Fifty Plus team on 0208 207 7568.

Quiz Night

WITH FISH & CHIP OR CHICKEN & CHIP SUPPER

Priority booking will be given to our regular Fifty Plus group users

Thursday 13 October 2011	Booking line opens 22 September 2011	Price: £8.50
Thursday 15 December 2011	Booking line opens 10 November 2011	Price: £10
Thursday 9 February 2011	Booking line opens 5 January 2012	Price: £8.50
Thursday 17 May 2012	Booking line opens 12 April 2012	Price: £8.50

All prices include the supper

Reserve your place when booking line opens. Pick your brains!! Pit your wits against the other teams. Have you got the staying power to last 10 rounds of 10 questions and one marathon round? Increase your chances by playing your joker on your favourite subject. An evening of fun and games for all. Groups of six players per team are required.

Teas, coffee and cold drinks can be bought throughout the evening.

The supper will be served at 6.30pm prompt

The quiz will begin at approximately 7.15pm

The emphasis of our quizzes is to enjoy a social evening of light hearted fun. Irrespective of whether you win or lose, enjoy the evening. Mobile phones or reference books are not to be used in conjunction with this quiz to assist you with the answers. Failure to comply will result in team disqualification.

**Phone 020 8207 7568 for your booking form.
Meanwhile, think up a team name.**

**Please note: there is a small car parking charge for the first hour.
If you have a disabled badge, please let us know beforehand.**

Venue: Hertsmere Borough Council, Civic Offices, Borehamwood

Location: Committee Rooms: A/B/C/D first floor

Time: Arrive 6pm for 6.30pm start. Ends 10pm approximately



JANUARY

Monday 9 - Friday 20 January 2012



**FREE OF
CHARGE**

Fortnight of taster sessions

There are a number of selected weekly groups which have been hand picked for you to try out free of charge. If you wish to participate in a new activity, then contact the Fifty Plus Office for a pass. These are non transferable as places are restricted.

Restrictions:

- 3 passes per person to be used in different classes
- Passes for new attendees only
- Course booking, trips and special events are excluded from this offer
- Selected groups only
- Limited spaces available



How to book:

Phone the Fifty Plus office on 020 8207 7568

Email: community.services@hertsmere.gov.uk

Give your full name and contact details and tell us which activities and dates you would like to attend.

Session	Location	Area	Week day	Time start	Time finish
Art	Furzeffield Court	Potters Bar	Friday	10am	noon
Art	Maxwell Centre	Borehamwood	Tuesday	2pm	4pm
Ballroom Dancing	Elm Court	Potters Bar	Wednesday	2.30pm	4.30pm
Bowls	Maxwell Centre	Borehamwood	Monday	10am	noon
Bowls	Maxwell Centre	Borehamwood	Monday	2pm	4pm
Bowls	Maxwell Centre	Borehamwood	Wednesday	10am	noon
Bowls (beginners)	Maxwell Centre	Borehamwood	Wednesday	10am	noon
Bridge	Organ Hall	Borehamwood	Wednesday	1.30pm	3.30pm
Chair based exercise	Bushey Centre	Bushey	Monday	noon	1pm
Chair based exercise	Poplars	Borehamwood	Wednesday	10am	11am
Chair based exercise	Furzeffield Court	Potters Bar	Monday	2pm	3pm
Keep Fit	Elm Court	Potters Bar	Monday	2pm	3pm
Keep Fit	7th Scout Group	Borehamwood	Tuesday	9.45am	10.45am
Keep Fit	Wyllyotts	Potters Bar	Tuesday	10am	11am
Keep Fit	Farriers Hall	Borehamwood	Wednesday	2pm	3pm
Line Dancing	Maxwell Centre	Borehamwood	Tuesday	2.15pm	3.45pm
Line Dancing	Elm Court	Potters Bar	Thursday	2pm	3.30pm
Singing	Allum House	Elstree	Friday	10am	noon
Table Tennis	Maxwell Centre	Borehamwood	Friday	10am	noon
Yoga	St. James Church Hall	Bushey	Monday	10am	11.30am
Yoga	Fairway Hall	Borehamwood	Thursday	10am	11.15am

NOVEMBER

Friday 11 November 2011

ROYAL OPERA HOUSE

A guided tour with tea/coffee and pastries

BACKSTAGE TOUR

The Royal Opera House is home to the Royal Ballet, Royal Opera and the Orchestra of the Royal Opera House – three of the most highly acclaimed companies in the world. Situated in London's Covent Garden this iconic building covers an area of 2.5 acres and Backstage Tours give you an intriguing insight into the enormous world behind the stage.

The 1 ½ hour backstage tour gives an exciting overview of this stunning building including the huge backstage area, the historic Front of House and the elegant Paul Hamlyn Hall. You'll gain an insight into the colourful history of the theatre, learn about the state of the art technology installed during the major redevelopment between 1997 and 1999 and take a look at aspects of current opera and ballet productions.

As the Royal Opera House is a fully working theatre, each tour is a unique experience and varies according to what is available on the day. Whilst access to the auditorium cannot be guaranteed, tours may include opportunities to see The Royal Ballet in class, a production workshop and the magnificent backstage technology used to move scenery around which can weigh up to 30 tonnes.

At the end of the tour we will stop for tea/coffee and pastries (all inclusive).

Following this, there is enough time to visit the Amphitheatre Bar and Amphitheatre Restaurant that have access to the Terrace overlooking Covent Garden Piazza with view of great landmarks such as the London Eye and Nelson's Column beyond. Alternatively, you may wish to shop or have lunch in Covent Garden.



Please arrive 10 minutes before the time of pick-ups.

C: Furzefield Centre Car Park, Potters Bar - 8.30am

B: Civic Offices Car Park, Borehamwood - 9.00am

A: Bushey Grove Leisure Centre Car Park - 9.30am

Journey time approximately: 1 ¼ hours. Departure time approximately: 3.30pm

Cost: £27.00. Cheques payable by 30 September 2011.

Booking form on page 27.

DECEMBER

Thursday 8 December 2011

WINCHESTER CHRISTMAS MARKET

Set next to the Cathedral is one of the UK's most popular Christmas Markets. The historic Inner Close will be transformed with more than 90 beautifully decorated wooden chalets selling a wide range of gifts, crafts, decorations, traditional children's toys, clothes and more. All exhibitors have been carefully selected to guarantee excellent quality and great variety. Within the Christmas Market you will find a festive Food Court, British Crafts Village, Nativity Scene, Father Christmas Ice Cave (grotto) and beautiful Christmas tree all which surround a large open-air real ice rink.

The Cathedral

More than 1,000 years ago the Benedictine order of monks was introduced into the Old Minster at Winchester. The monastery, which was later known as St.Swithun's Priory, and the monks therein offered hospitality to all.

The Great Hall & Round Table

The first and finest of all 13th century halls, with the greatest symbol of medieval mythology, "The Round Table of King Arthur", Winchester castle dates from the reign of William the Conqueror (1066-1087). By the end

of King John's reign in 1216 the castle and its royal palace needed extensive repair. Between 1222 and 1235 the castle's hall was replaced by the building which stands today.

The Round Table

Although now known to have been constructed in the 14th century, and repainted in its present form for King Henry VIII, the table has for centuries been venerated by generations of tourists as the mysterious table of the 'Once and future King Arthur'. The names of the 24 knights are written around the edge of the 5.5 metre diameter table, weighing 1200kg, surmounted by King Arthur on his throne.



Please arrive 10 minutes before the time of pick-ups.

C: Furze Field Centre Car Park, Potters Bar - 8.00am

B: Civic Offices Car Park, Borehamwood - 8.30am

A: Bushey Grove Leisure Centre Car Park - 9.00am

Journey time approximately: 2 hours. Departure time approximately: 4.30pm

Cost: £19.30. Cheques payable by 14 October 2011.

Booking form on page 27.

MARCH

Thursday 8 March 2012

BAPS Shri Swaminarayan Mandir (Neasden Temple)

A wonderful opportunity to visit this most magnificent temple. The visit will include a video show, a tour of the 'Understanding Hindusim' exhibition and general talk and a question and answer session. You will have a chance to visit the souvenir shop before we leave.

Located in Neasden, north London – and popularly known as the 'Neasden Temple' – the Mandir is a masterpiece of Indian stonework and craftsmanship, replete with its towering white pinnacles, smooth domes and intricate marble pillars, all based on ancient Vedic principles of art and architecture. It is dedicated to Bhagwan Swaminarayan, whose fifth spiritual successor, His Holiness Pramukh Swami Maharaj, is also the Mandir's creator and the spiritual leader of BAPS Swaminarayan Sanstha.



You will find here many things to learn about the Mandir's history, meaning, awards and festivals, including the world-famous Hindu New Year's offering, called the Annakut, as well as about the exquisitely wood-crafted Haveli (adjoining cultural complex) and the 'Understanding Hinduism' exhibition.

Exhibition: Understanding Hinduism

Walk through the beginning of civilisation; learn about the history and beauty of Hinduism. The video presentation explains how the Mandir was built, traces the various stages of construction and how the murtis were installed. The significance of the Mandir is explained together with a talk on the various activities that take place within the Mandir.

Shayona Shop

The shop stocks a variety of Indian savoury and sweet grocery items.

IMPORTANT INFORMATION: PLEASE OBSERVE ALL INFORMATION AND GUIDELINES

Dress code: No shorts or skirts shorter than knee length (Please ask security for a sarong).

Shoes: All visitors are required to remove their shoes before entering the Mandir or any part of the Haveli complex (shoe racks provided within the complex).

Photography and videography: Photography and videography inside the building is strictly prohibited.

Food and drink: No food or drinks are allowed inside the Mandir premises. Please discard any chewing gum in the bin provided before entering.

Mobile phones: Please switch off all mobile phones prior to entering the premises. Mobile phones with cameras must not be used to take photos. A selection of photographs is available in the souvenir shop.

Smoking: No smoking on the premises including car parks. Please dispose of cigarettes in the bin provided, prior to entering the gates.

Conduct: Please refrain from touching the delicate carvings within the Mandir premises. To maintain the spiritual atmosphere, please observe silence inside the Mandir.

Please arrive 10 minutes before the time of pick ups.

C: Furze Field Centre Car Park, Potters Bar - 11.45am

B: Civic Offices Car Park, Borehamwood - 12.15pm

A: Bushey Grove Leisure Centre Car Park - 12.45pm

Journey time approximately: 1 hour. Departure time approximately: 4.30pm

Cost: £15.00. Cheques payable by 12 January 2012.

Booking form on page 27.

MARCH

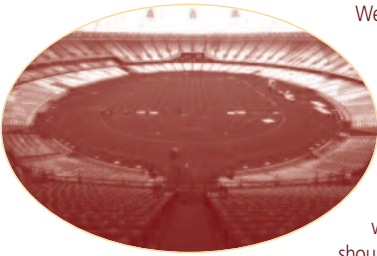
Thursday 29 March 2012

Olympic Lunch Special

and guided tour

Due to the popularity of this trip, 50+ have managed to secure a third booking.

We start this unusual trip by arriving in Woolwich (on the south bank of the Thames just down river from the Thames Barrier) at approximately 11.45am. We will enjoy a tasty roast chicken lunch served in a beautiful new public house that has been fashioned from an 18th century gatehouse at the historic Woolwich Arsenal. Following the meal, coffee will be served. Anyone who wants to can buy a dessert and/or bar drinks including real ale on tap. Here, the Blue Badge Guide will join us.



We will set off from Woolwich to begin a really entertaining and eye-opening afternoon that will show you the lie of land in terms of the 2012 Games.

First we will take you by coach up to Woolwich Common where the recently restored Artillery Barracks and the longest parade ground in the world will form the backdrop to the Olympic shooting events. As we drop back down to the river we glimpse marvellous views over London including Greenwich where the equestrian events will be at the old Millennium Dome which next year

will see rhythmic gymnasts rub shoulders with basketball players there for the Olympic final.

We will cross the mighty River Thames to see the ExCel Centre, venue for fighting events from taekwondo to boxing and on through the fascinating East End to Stratford and the Olympic Park. For security reasons no one is allowed inside the park and this will remain the case until after the games themselves – the whole park is on quarantine lockdown but from the perimeter roads and the elevated viewing point you get a really good look at the tremendous scale of developments that are turning a neglected area of the London hinterlands into a series of world class venues that next year four billion viewers worldwide will tune into.



It really is breathtaking and it will make you grin with a rare pride. The vast Olympic Stadium is almost complete, the Velodrome is ready to rumble and nearby the Athletes Village and the delicious butterfly cake roof of the Aquatic Centre and the Dunlopillo bed shaped Basketball Arena complete the landscape.

Rounding off the day we will stop to buy tea (payable locally) before we set off for our journey home.

Please arrive 10 minutes before the time of pick ups.

C: Furze Field Centre Car Park, Potters Bar - 8.00pm

B: Civic Offices Car Park, Borehamwood - 8.30am

A: Bushey Grove Leisure Centre Car Park - 9.00am

Journey time approximately: 1 ¾ hours. Departure time approximately: 5.00pm

Cost: £32.00. Cheques payable by 31 January 2012.

Booking form on page 27.

Thursday 26 April 2012

The Shuttleworth Collection

& *The Swiss Garden*

The Shuttleworth Collection - A guided tour

- A world famous and unique collection of historic airworthy aeroplanes
- A stunning collection of working historic automobiles
- Over 50 airworthy aircraft in eight floodlit hangars
- See the Edwardian "Flying Machines"
- See the worlds oldest original airworthy aeroplane - The Bleriot XI
- Legendary WW1 and WW2 fighters

The Swiss Garden - created in the 1820's by Lord Ongle

The Swiss Garden was created in the early nineteenth century. It contains picturesque features hidden in an undulating nine-acre landscape. The garden is planted with magnificent trees and

ornamental shrubs which are arranged in a series of glades, lawns and winding walks, designed to provide unexpected vistas. The recently refurbished and replanted, subterranean grotto and fernery nestles in the centre. 'The Grand Tour' provided inspiration for the tiny thatched Swiss Cottage. The fashion for 'Swiss architecture', so popular in the Regency period, can be seen all around the Garden. Elegant floral arches and a network of ponds with decorative bridges and delightful islands complete the picture. Peafowl roam freely in the garden. Spring bulbs, rhododendrons and rambling roses and spectacular in season. Benches are located at frequent intervals.

- Visitor Centre
- Gift Shop
- Restaurant - Hot and cold foods served
- Picnic area



Please arrive 10 minutes before the time of pick ups.

C: Furze Field Centre Car Park, Potters Bar - 8.00pm

B: Civic Offices Car Park, Borehamwood - 8.30am

A: Bushey Grove Leisure Centre Car Park - 9.00am

Journey time approximately: 1 ½ hours. Departure time approximately: 4.45pm

Cost: £31.50. Cheques payable by 23 February 2012.

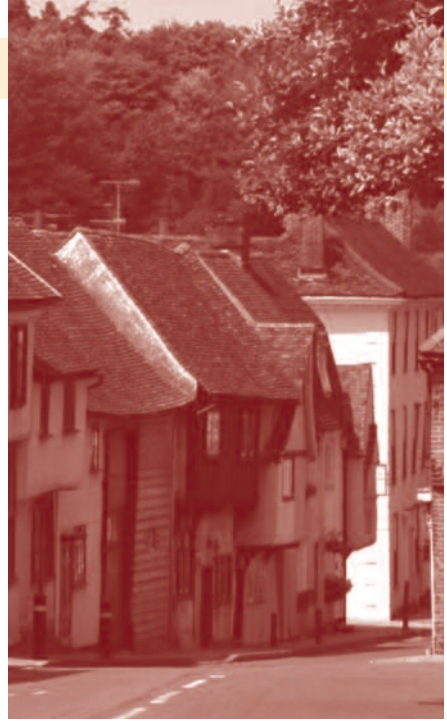
Booking form on page 27.

MAY

Thursday 24 May 2012

THE ESSEX HIGHLANDS

A guided tour, morning
refreshments and pub lunch



We will arrive in Elmdon for a welcome hot drink with biscuits. Once refreshed, we are off for an enjoyable drive through the 'Essex Highlands' which will go a long way to dispel the notion of Essex as a flat county. In fact we slip in and out of three counties during our circular tour and from high in the coach you'll get lovely views and there are interesting stories to create a thoroughly entertaining morning. At Arkesden 'the gem of the Essex Highlands' we'll stop for a little stroll and a peek at the village church.

Then it's back to Elmdon for lunch. It really is a super pub and a victory for the local community who campaigned to save the village pub. Parts of the original tap room date to 1450 and the new restaurant with its vaulted green oak construction and oak floor fits in beautifully.

A tasty steak and mushroom pie lunch is served (or a vegetarian option). Desserts, teas and coffees are payable on the day.

After lunch we will drive past stately Audley End House and into Saffron Walden. This ancient town takes its name from the saffron crocus once cultivated in the surrounding fields. Few towns have retained their medieval street plan so well. You can opt to join our guide for a short town trail or browse on your own.

Please arrive 10 minutes before the time of pick ups.

A: Bushey Grove Leisure Centre Car Park, 8.00am

B: Civic Offices Car Park, Borehamwood, 8.30am

C: Furze field Centre Car Park, Potters Bar, 9am

Journey time approximately: 1 ½ hours. Departure time approximately: 4.45pm

Cost: £38.00. Cheques payable by 23 March 2012.

Booking form on page 27.

How to book

This section of your brochure contains all the information you will need about trips, courses and events. You can book for any number of activities although each requires a different booking form. In some instances there may be additional information not contained in the brochure. This will be sent to you with your booking confirmation. Also, you need to be aware of weather conditions for outdoor events and bring the appropriate clothing, sun cream, hats and umbrellas as and when needed. Subject to traffic and weather conditions on the day of a trip, we will endeavour to deliver the service.

Please note: We regret no refunds or exchanges will be given on any Fifty Plus activity. In some cases a Fifty Plus trip, course or event may have to be cancelled due to unforeseen circumstances. Full refunds will be issued under these circumstances.

Please note that children are not permitted on any Fifty Plus trip unless otherwise stated.

HOW TO BOOK

Bookings commence immediately (unless otherwise stated) but please remember to call the Fifty Plus team on 020 8207 7568 first to check availability and to reserve your place.

If you intend bringing a wheelchair on a coach trip, please let the staff know beforehand when reserving your place. Please note that there are three steep steps when boarding the coach.

HOW TO PAY

Please write separate cheques for each event payable to "Hertsmere Borough Council." The price of trips is inclusive of admissions and travel by coach unless otherwise stated. Seats are allocated on receipt of payment. If you wish to sit with a friend/partner please ensure you pay together. **Please do not send cash in the post.**

Cancellation and refunds: Refunds will only be given in the event of filling your seat **less a £5 administrative** charge per person. If the event is cancelled, a full refund will be given.

In person: Call at Hertsmere Borough Council's Civic Offices during office hours Monday - Friday 9am - 5pm. Ask for a member of the Fifty Plus team, who will process your booking.

By telephone: Call the Community Services Office on 020 8207 7568 to make a provisional booking. Your booking can then be processed in person or by post. Any provisional bookings are held for seven working days and then cancelled if payment is not received.

By post: Send your completed booking form found on pages 23 and 24 and remittance to the Fifty Plus team at the Community Services office. You will then be sent your receipt with confirmation of your booking.

Pick up points:

Point A: Bushey Grove Leisure Centre Car Park, Aldenham Road, Bushey.

Point B: Civic Offices Car Park, Elstree Way, Borehamwood.

Point C: The Furzeffield Centre Car Park, Mutton Lane, Potters Bar.

Please note: parking charges may be applicable at some venues.

Please state your preferred pick-up point on your booking form. Each trip states the time of the first pick-up. From first point to last is approximately 1 hour. The coach will visit ALL points for each trip.

The order of pick-ups and times will vary from trip to trip. Please refer to the individual trip details for the order of pick ups.

Please ensure that you arrive at your chosen pick up point 10 minutes before the coach is due to depart. This is to avoid any delay in departure and to make sure you get the most out of your trip. Please note that we shall be unable to wait for late arrivals.

On the day of a trip, should you be unable to attend, please notify the office immediately on 020 8207 7568 to enable the coach to leave its pick up points without delay.

We regret, due to insurance reasons we are unable to serve hot drinks on the coach. However, if you wish to bring a flask, please do so. Cold drinks may be available.

Booking form

PLEASE COMPLETE FORM IN BLOCK CAPITALS

One booking form for each event (photocopies are acceptable)

Please remember to phone the Fifty Plus team on 020 8207 7568 to check availability before sending payment. Your cheque/s, should be dated same day as booking, made payable to **Hertsmere Borough Council** and sent with your completed form and remittance to:
**Fifty Plus, Hertsmere Borough Council, Civic Offices,
Elstree Way, Borehamwood, Herts. WD6 1WA.**

Please note: the order of pick ups may vary from trip to trip - see individual trip details

Main booker details:

Event:Date of event:.....
Surname:Title:.....First name:
Address:
.....Post code:.....
Tel no. (home):Work:Mobile:
Email address:
Pick up point:Total: £
Are you bringing a wheelchair? Yes: No:

Additional bookers details:

Surname	Title	First name	Daytime tel. no.	Pick up point

Office use only		
Processed date	Coach number	(tick as appropriate)
Coach seat no/s	Receipt sent	Initial

Equal opportunities monitoring

Hertsmere Borough Council has a policy of equal opportunities and is committed to ensuring that our services are reaching all sections of the community. To help assess our effectiveness we have introduced a confidential system to monitor our customer base. Could you please therefore complete the following section. Please feel free to add any other relevant information.

I would describe my cultural and ethnic origin as (Please tick):

White	Mixed	Asian or Asian British	Black or Black British	Chinese or Other Ethnic Group
British <input type="checkbox"/>	White & Black Caribbean <input type="checkbox"/>	Indian <input type="checkbox"/>	Caribbean <input type="checkbox"/>	Chinese <input type="checkbox"/>
Irish <input type="checkbox"/>	White & Black African <input type="checkbox"/>	Pakistani <input type="checkbox"/>	African <input type="checkbox"/>	Other <input type="checkbox"/>
Other White <input type="checkbox"/>	White & Asian <input type="checkbox"/>	Bangladeshi <input type="checkbox"/>	Other Black <input type="checkbox"/>	Ethnic Group <input type="checkbox"/>
	Other Mixed <input type="checkbox"/>	Other Asian <input type="checkbox"/>		

Do you have any of the following disabilities (Please tick):

Physical Disability (please specify)

.....

Sight impairment

Hearing impairment

Learning difficulties (please specify)

.....

Other special needs (please specify)

.....

Do you wish to be included on a mailing list?

Customer comments and suggestions for new activities/trips

.....

.....

.....



Hertsmere Borough Council is registered under the Data Protection Act 1998 for the purpose of processing personal data in the performance of its legitimate business. Any information held by the council will be processed in compliance with the eight principles of the Act. "This authority is under duty to protect the public funds it administers, and to this end may use the information you have provided on this form within this authority for the collection of funds and the prevention and detection of fraud. It may also share this information with other bodies administering public funds solely for these purposes."

Large print and languages

Hertsmere Borough Council aims to provide information in alternative formats where possible.

If you would like a document in a different language or format please call 020 8207 7445 or email customer.services@hertsmere.gov.uk and we will do our best to help.

Please allow sufficient time for any document to be translated.

تهدف بلدية منطقة هارتسمر (Hertsmere Borough Council) إلى توفير المعلومات بصيغ بديلة إذا كان ذلك ممكناً.

إذا اردت أي وثيقة بلغة أو بصيغة أخرى يرجى الاتصال برقم الهاتف 020 8207 7445 أو إرسال بريد الكتروني customer.services@hertsmere.gov.uk وسنبدل قصارى جهدنا لمساعدتك. يرجى منحنا وقتاً كافياً لترجمة أي وثيقة مطلوبة.

Hertsmere 自治区政府旨在可能的情况下提供信息的其它格式版本。

如果你想得到以简体中文或其它格式制作的版本，请致电 020 8207 7445，或发送电邮至 customer.services@hertsmere.gov.uk，我们将尽力提供帮助。请预留足够的时间，以便让我们完成有关文件的翻译。

Rada miejska Hertsmere Borough Council zamierza dostarczać wszelkie informacje, tam gdzie jest to możliwe, w różnych formatach.

Jeżeli ktoś chciałby otrzymać dokument w innym języku lub formie proszony jest zatelefonować na numer 020 8207 7445 lub przesłać e-mail do customer.services@hertsmere.gov.uk a my zrobimy wszystko by pomóc. Prosimy uwzględnić czas na przetłumaczenie każdego dokumentu.

ਹਰਟਸਮੀਅਰ ਬੋਰੋ ਕੌਂਸਿਲ ਜਿੱਥੇ ਵੀ ਹੋ ਸਕੇ, ਜਾਣਕਾਰੀ ਹੋਰ ਰੂਪਾਂ ਵਿੱਚ ਦੇਣ ਦਾ ਯਤਨ ਕਰਦੀ ਹੈ।

ਜੇ ਤੁਹਾਨੂੰ ਕੋਈ ਦਸਤਾਵੇਜ਼ ਕਿਸੇ ਹੋਰ ਬੋਲੀ ਵਿੱਚ, ਜਾਂ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਨੰਬਰ 020 8207 7445 'ਤੇ ਫ਼ਨ ਕਰ, ਜਾਂ ਇਸ ਪਤ customer.services@hertsmere.gov.uk 'ਤੇ ਈਮੇਲ ਭੇਜੋ। ਅਸੀਂ ਤੁਹਾਡੀ ਮਦਦ ਕਰਨ ਦੀ ਪੂਰੀ ਕੋਸ਼ਿਸ਼ ਕਰਾਂਗੇ। ਕਿਰਪਾ ਕਰਕੇ ਇਹ ਯਾਦ ਰੱਖੋ ਕਿ ਦਸਤਾਵੇਜ਼ ਦਾ ਤਰਜਮਾ ਹੋਣ ਨੂੰ ਕੁਝ ਸਮਾਂ ਲਗਦਾ ਹੈ।

Venue directory

Fifty Plus

Hertsmere Borough Council
Community Services
Civic Offices, Elstree Way
Borehamwood, Herts. WD6 1WA
Tel: 020 8207 7568 - Fax: 020 8207 7478
Email: community.services@hertsmere.gov.uk - www.hertsmere.gov.uk/fiftyplus

BOREHAMWOOD

7th Scout Group

Denbigh Lodge (Next to 43 Berwick Road)
Berwick Road, WD6 4BG

Fairway Hall

Brook Close, BWD6 5BT

Farriers Hall

Farriers Way, WD6 2SD

Hertswood Leisure Centre

Potters Lane, WD6 5LG

Kenilworth School

Kenilworth Drive, WD6 1QL

Maxwell Park Youth & Community Centre

Maxwell Road, WD6 1JJ

Meadow Park

Brook Road, WD6 5HH

Organ Hall

Bairstow Close, WD6 4TB

The Poplars

Grove Road, WD6 5HW

The Venue

Elstree Way, WD6 1JY

ELSTREE

Allum Lane Community Centre

Allum Lane, WD6 3PJ

BUSHEY

Bushey Centre/Bushey Golf & Country Club

High Street, WD23 1TT

Bushey Grove Leisure Centre

Aldenham Road, WD23 2TD

St James' Church House

High Street, WD23 1BD

POTTERS BAR

Elm Court Youth and Community Centre

Mutton Lane, EN6 3BP

Furzeffield Court

Mutton Lane, EN6 3BS

King Charles the Martyr

368 Mutton Lane, EN6 3AS

The Furzeffield Centre

Mutton Lane, EN6 3BW

Wylllyotts Centre

Darkes Lane, EN6 2HN
