

May 1 Local Artist - Tessa Spanton



Tessa is an elected member of the Society of Women Artists. She has many years' experience of teaching painting, running classes and workshops in acrylic, watercolour or silk painting. At Cameo she will give a demonstration of painting on silk and show us some of her artwork.

May 8 Coffee, Chat and Thought for the Day with Barry Clist

May 15 All Creatures Great and Small - being a vet at Battersea Dogs & Cats Home



Claire Turner will talk about her job as a vet at Battersea Dogs and Cats home, the famous rescue centre and the fantastic work they do for our furry friends. You might have seen her on ITV's, For the Love of Dogs!

May 22 Coffee, Chat and Thought for the Day with Kerena Ivens

May 29 History of Cider



Following Rachel's trip to Cornwall, she will share with us the history of cider making and bring some samples of cider and apple juice for us to try.

Jun 5 Oral Health Care - Laura Blenman



Laura is a local oral health practitioner, giving useful guidance and advice on maintaining good oral health and how it impacts our overall health and well-being.

Jun 12 Coffee, Chat and Thought for the Day with Brian Adams

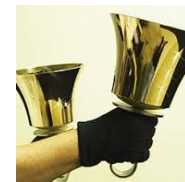
Jun 19 Outing to Garsons Farm, Esher



Growing since 1871, Garsons was once a supplier of fresh crops to Borough Market. Today, it's an award-winning destination garden centre, farm shop and restaurant. We'll meet at the church at 10.30am, then car share to Garsons Farm. There will be a cost for your own refreshments and if you wish to participate in picking your own fruit or vegetables.

Jun 26 Coffee, Chat and Thought for the Day with Jason Humphreys

Jul 3 Duo Decimus



Angela and Sandra have been playing handbell duets for many years, entertaining groups of all ages with a wide range of music, including popular songs, film and show tunes and light classics.

Jul 10 Coffee, Chat and Thought for the Day with Alla Lunn

Jul 17 Outing to the Houses of Parliament

Arranged via our local MP, a tour of the Houses of Parliament.



Please book in advance with Kerena and advise if you need any assistance. Meet at Sutton station at 9.30am, for the train to Victoria, or meet us there by 10.45am. The 75 minute tour starts at 11am and will

visit the House of Lords, Central Lobby and the historic Westminster Hall. The tour is free, but you will need to cover your own costs for public transport.

For those not going on the outing, Rachel will host Cameo at the church as usual at 10.30am.

Jul 24 Cameo Summer Special – join us at Rachel's, Shelvers Way, Tadworth for morning tea and cake and hopefully fine weather to enjoy her beautiful garden.

CAMEO SUMMER HOLIDAYS – No Cameo meetings on 31 July, 7 Aug, 21 Aug and 28 Aug

Aug 14 Coffee and chat in the back hall of the church

Sep 4 CAMEO returns with a new programme

Talk on the Tomb of the Unknown Soldier – Nov 2023



83 Chiltern Road, Sutton, SM2 5QY

CAMEO SENIORS PROGRAMME May to August 2024

Wednesdays at 10.30am until 11.30am

A suggested donation of £1 a week would be appreciated.
No charge is made unless indicated on the programme.



Christmas Service at CAMEO

For further information, please contact:

Rachel: 07885 582523 or

Jason: 020 8661 7042 or

Kerena: 07967 187070 or

Email: seniors@chilternchurch.org.uk

 **CAMEO at Chiltern Church**