

Resonate Now

September 2021

Hello everyone!

Having just completed a very successful Olympics in Tokyo, and with the Paralympics underway, this month we celebrate the creativity of medals past and present. Have a look at some of the fabulous designs across the next two pages.

Last month we enjoyed a visit to the **Handel Hendrix Museum**, where Baroque composer George Frideric Handel lived and worked for 36 years and where guitarist Jimi Hendrix lived briefly in the 60's. Last year we celebrated the anniversary of Hendrix's performance at the 1970 Isle of Wight festival, so we particularly enjoyed learning more about this musical legend. We also listened to a beautiful performance on the Harpsichord!



Left: Jimi Hendrix's bedroom

Right: Getting ready to watch the Harpsichord recital!

Over the Autumn we shall continue to expand our range of in-person activities, and we are pleased to now be welcoming new faces to our online **Singing with Friends choir**. If you are interested in joining, please call us on 0300 030 7212. For a full listing of events, have a look at page 4.

Please note that **Julie** is on leave between 8th – 21st September, so do aim to contact us outside of these dates if possible. However, Jude will be available to answer any booking enquiries during this time on our usual office number!

Julie and Jude

You can **contact Julie** on:

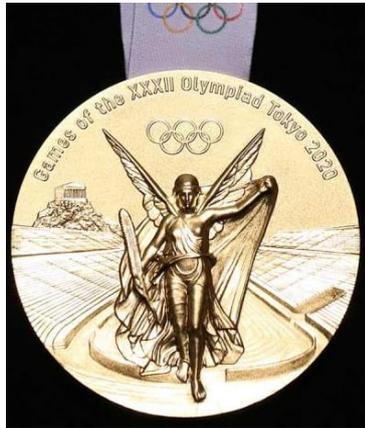
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Olympic medals

Olympics medals have been presented to first, second and third place winners since the 1904 games in St Louis. The designs of the medals have differed significantly over the years, with a variety of materials, measurements and styles used. This year, the medals were designed to “symbolise diversity and represent a world where people who compete in sports and work hard are honoured”. Have a glimpse at medals past and present below!



Tokyo 2020 Gold medal. The medals were made using recycled metals, which were collected through a public campaign asking Japanese citizens to donate their used mobile phones. Approximately 5000 medals were produced!



London 2012

On one side we can see the traditional goddess of victory, flying into the Panathinaikos stadium bringing victory to the best athlete.

The reverse features an abstract design with the 2012 Games emblem at its centre as a metaphor for the modern city.

Sapporo (Japan) 1972

The lines represent the soft feathery snow, as well as sharp ice, depicting a Japanese scene of peace and serenity.





Paris, 1924

A naked, victorious athlete is pictured helping his rival from the floor. On the reverse a harp symbolises the cultural programme of the games and different sports equipment forms an arch.

Athens 1896

There were no bronze medal winners prior to 1904. In the 1896 Olympics, first place winners received a silver medal, an olive branch and a diploma, whilst those in second place received a bronze medal.

This medal was 48mm in diameter. Rather smaller than recent designs which are approximately 90mm!



Have you ever received a medal? Perhaps for doing well at sports when you were younger, for an academic achievement at school or for other hobbies you enjoyed.

- Which Olympic sport would you be tempted to try if you had your time over and success was guaranteed?

Jude fancies being good at the pole vault or springboard diving - it must be something to do with flying through the air!

Our Olympians have proudly represented Britain this year, winning a total of 65 medals and finishing fourth on the medal table.

- What is something that you are proud of, that you have achieved in the past or more recently?
- Who in public or private life do you think deserves a medal for their recent achievements?

What's On September!

Please note places for 'in person' activities are limited due to ongoing covid safety measures. Spaces must be booked in advance to secure your spot!

Singing with Friends *Online* Tuesdays fortnightly 14th and 28th, 1.30pm-2.30pm

Online (zoom)

Join our fortnightly choir to sing a range of folk, classical and contemporary songs. To book please contact **Julie** 0300 030 7212 / julie@resonatearts.org

Memory Café South Westminster Tuesdays Monthly, 7th Sept, 2.30pm-4.30pm

St. James the Less Church, Vauxhall Bridge Road, Pimlico, SW1V 2PS

For Westminster residents, these sessions provide group based support for people living with dementia and memory loss as well as their families and supporters.

To book please contact **Terezie** 0754 050 2379 or Terezie.wickenden@londoncare.com

A4D Castles, Roses & Beyond Tuesdays weekly 28th Sept – 16th Nov, 10.30 – 12.30pm

London Canal Museum, N1 9RT

An opportunity to visit the fascinating Canal Museum and discover the intriguing history of our canals. Participants will be given the opportunity to handle artefacts, explore art history, and create their own artistic responses. To book contact **Emily** 0203 633 9954 /

Emily@arts4dementia.org.uk

Memory Café North Westminster Wednesdays Monthly, 29th Sept, 2.30pm-4.30pm

42 Westbourne Park Road, W2 5PH

St. James the Less Church, Vauxhall Bridge Road, Pimlico, SW1V 2PS

For Westminster residents, these sessions provide group based support for people living with dementia and memory loss as well as their families and supporters.

To book please contact **Terezie** 0754 050 2379 or Terezie.wickenden@londoncare.com

For your diary:

Silver Sunday at the Wallace Collection Sunday 3rd October, 12-3pm

Join musicians from Wigmore Hall and artists from the Wallace Collection to enjoy a creative afternoon of music making and exploring visual art. Refreshments provided on arrival. To book please contact **Julie** 0300 030 7212 / julie@resonatearts.org

Music for the Moment Friday 5th November TBC

We are delighted to let you know that our monthly afternoon concerts will be returning in November, with the first being held at Wigmore Hall. Full details to follow soon!