

# Active Ageing

ACTIVITIES FOR OLDER PEOPLE



Information is correct at time of going to print  
Most activities are affordable or free - check with provider for prices.

## Monday

9.00am – 4.00pm	BWA Gym	Tottenham Green P&F
9.00am – 11.00am	BWA Badminton	Tottenham Green P&F
9.30am – 11.00am	BWA Squash	Tottenham Green P&F
10.00am – 11.00am	BWA Aerobics	Tottenham Green P&F
10.00am – 11.00am	50+ Exercise Classes	St Ann's Library 50+
10.00am – 11.00am	Exercise to Music	Hornsey Library (Embrace UK)
10.15am – 11.45am	Yoga	The Community Hub
10.30am – 11.15am	Zumba Gold	Park Road P&F
10.30am – 12noon	Chair-based Exercise*	Winkfield Centre
11.00am – 12noon	BWA Yoga	Tottenham Green P&F
11.00am – 1.00pm	BWA Swimming	Tottenham Green P&F
12noon – 1.00pm	Over 50's Badminton	Broadwater Farm CC
10.00am – 11.00am	Healthy Cardio	Tottenham Green P&F (One You Haringey)
12.15pm – 1.15pm	Supervised Gym & Induction	Broadwater Farm CC
1.00pm – 2.00pm	Social Dancing with Candy	Kemble Hall
1.15pm – 2.15pm	Body Conditioning**	Broadwater Farm CC
1.00pm – 2.00pm	Strength	Tottenham Green P&F (One You Haringey)
7.00pm – 8.30pm	Yoga	The Community Hub

## Tuesday

10.00am – 11.00am	50+ Exercise Class	St Ann's Library 50+
10.00am – 12noon	Yoga & Reflexology	The Community Hub
10.15am – 11.30am	Get Moving for the Mature	Jacksons Lane 55+
10.30am – 12.30pm	Silverfit (Multi Activity)	Lordship Rec. Hub 40+
11.00am – 11.45am	Zumba Gold	Tottenham Green P&F
11.00am – 12.30pm	Walk & Multi Sport	Chestnuts Park (One You Haringey)
11.30am – 12.30pm	Tai Chi	Hornsey Library (Embrace UK)
11.45am – 12.45pm	Chair Based Exercise**	Tottenham Green P&F
12.30pm – 1.30pm	Chair-based Exercise**	Lordship Rec. Hub
12.30pm – 1.15pm	Aqua Aerobics	Tottenham Green P&F
1.00pm – 1.45pm	Zumba Gold	Tottenham Green P&F
2.00pm - 3.00pm	Breathe Easy Dance	Hornsey Central NHS
1.30pm – 2.30pm	Social Dancing with Candy	Hornsey Vale
2.00pm – 3.00pm	Senior Pilates (Beg.)	Hornsey YMCA
2.00pm – 4.00pm	Line Dancing	St Ann's Library (Older & Bolder Group)
7.00pm – 8.00pm	Yoga	Park Road P&F

Some sessions are age specified or targeted:

\* People with disabilities

\*\* People who cannot stand for a long period.

## Wednesday

9.00am – 4.00pm	BWA Gym	Tottenham Green P&F
9.00am – 11.00am	BWA Badminton	Tottenham Green P&F
9.30am – 11.00am	BWA Squash	Tottenham Green P&F
10.00am – 11.30am	Creative Dance	Tottenham Green P&F 60+
10.00am – 11.00am	BWA Aerobics	Tottenham Green P&F
10.15am – 11.00am	BWA Zumba	Tottenham Green P&F
11.00am – 12noon	Dance & Exercise**	The Community Hub
11.00am – 1.00pm	BWA Swimming	Tottenham Green P&F
11.10am – 12.10pm	BWA Yoga	Tottenham Green P&F
2.30pm – 3.30pm	Senior Pilates (Intermediate)	Hornsey YMCA
7.00pm – 8.00pm	Social Dancing with Candy	Irish Centre



## Thursday

9.00am – 4.00pm	BWA Gym	Park Road P&F
9.30am – 10.15am	Zumba Gold	Park Road P&F
10.30am – 11.30am	Healthy Hearts	New River Sport & Fitness
11.00am – 12noon	One You Walk	Woodside Park (One You Haringey)
11.00am – 12noon	BWA Lane Swimming	Park Road P&F
11.15am – 12.15pm	Chair-based Class**	St Ann's Library
11.15pm – 12noon	Zumba Gold	Tottenham Green P&F
11.30am – 1.00pm	Senior Yoga	Hornsey YMCA
1.00pm – 2.00pm	Body Conditioning**	Broadwater Farm CC
2.00pm – 2.45pm Fitness	FUN-ctional Pilates	More Yoga Health & (One You Haringey)
2.00pm – 3.00pm	Mixed Social Dance with Candy	YMCA Crouch End



## Friday

9.00am – 4.00pm	BWA Gym	Tottenham Green P&F
9.00am – 11.00am	BWA Badminton	Tottenham Green P&F
9.30am – 11.00am	BWA Squash	Tottenham Green P&F
10.15am – 11.15am	Extend Exercise	Jacksons Lane 60+ contact: Lesley 07880 702654
10.15am – 11.15am	Fitness	Muswell Hill Church 60+ contact: Jeff 07950 425837
11.00am – 1.00pm	BWA Swimming	Tottenham Green P&F
11.20am – 12.20pm	BWA Aerobics	Tottenham Green P&F
1.45pm – 2.30pm	Healthy Cardio	Tottenham Green P&F (One You Haringey)
2.00pm – 3.00pm	Senior Exercise to Music	Hornsey YMCA
3.00pm – 4.00pm	Strength	Tottenham Green P&F (One You Haringey)
7.30pm – 8.30pm	Dancing with Candy	Chestnuts C. C.

## Other

Thursday (last in the month)

1.00pm – 4.30pm	Tea Dance	Irish Culture & Community Centre
2.00pm – 4.00pm	Singing & gentle warm up	Irish Culture & Community Centre (Alzheimers Society haringey@alzheimers.org. uk for people with dementia 020 8937 7171

## Venue Directory

### LEISURE CENTRES

#### Tottenham Green Pools & Fitness

1 Phillip Lane,  
London N15 4JD,  
t: 020 8885 7300

#### Park Road Pools & Fitness

Park Road, London,  
London N8 8JN,  
t: 020 8341 3567

#### Broadwater Farm Community Centre

Adams Road N17 6HE  
t: 020 8801 4415

### LIBRARIES

#### St Ann's Library

Cissbury Road  
London, N15 5PU  
020 8489 8775,  
Older & Bolder Group  
t: 020 8489 2543

#### Hornsey Library

Haringey Park  
London N8 9JA,  
Embrace UK  
e: [post@embrace.org](mailto:post@embrace.org)  
t: 020 8801 9224

### HARINGEY'S PARKS

#### Chestnuts Park

St Ann's Rd  
West Green  
London N15 5BN

#### Woodside Park

294 High Rd  
Wood Green  
London N22 8YX

### OTHER

#### The Community Hub

8 Caxton Road  
Wood Green  
London N22 6TB  
t: 020 8889 6938  
e: [office@tchub.co.uk](mailto:office@tchub.co.uk)

#### Lordship Co-op Eco Hub

Lordship Rec  
Higham Road  
Tottenham  
London N17 6NU  
t: 020 8885 5684

#### Winkfield Resource Centre

33 Winkfield Road  
London N22 5RP  
t: 020 8489 8200

#### Hornsey Central NHS

151 Park Road  
Crouch End N8 8JD  
t: 020 8341 2485

## Hornsey YMCA

184 Tottenham Lane  
Crouch End N8 8SG  
**t:** 020 8340 6088

## Irish Culture & Community Centre

Pretoria Road  
London N17 8DX  
**t:** 020 8489 8771

## Muswell Hill Methodist Church

Pages Lane N10 1PP  
**e:** info@mhmc.org.uk  
**t:** 020 8365 2466  
**e:** jeffhurrell@mss.com  
**t:** 07950 425837

## Jacksons Lane

265a Archway Road N6 5AA  
**e:** lesleyann1@hotmail.com  
**t:** 07880 702654

## Chestnuts Community Centre,

280 St Ann's Road N15 5BN  
**t:** 020 8442 7659 or  
Candy Fernandes  
**t:** 07961 044079

## Hornsey Vale Community Centre

**t:** 020 8348 4612  
60 Mayfield Road N8 9LP

## More Yoga Health & Fitness

Unit 2, 6a High Road N22 6BX

## Contact details

### Various chair-based exercise sessions

**e:** laura.holland@tottenhamhotspur.com

### Walk for Health

**www.walkingforhealth.org.uk**  
**e:** email afl@fusion-lifestyle.com  
**t:** 020 8885 7307

### Active for Life (GP Referred)

**e:** afl@fusion-lifestyle.com  
**t:** 020 8885 7307

### Weight Management (Self-referral)

**e:** shapeup@tottenhamhotspur.com  
**t:** 020 8356 5138

### GP Gyms (GP Signposted)

**e:** harccg.GPgym@nhs.net

### Cancer Rehabilitation at the leisure centres (GP Referral)

**e:** ace@tottenhamhotspur.com  
**t:** 020 8365 5138

### 'One You Haringey'

**t:** 020 8885 9095  
**www.oneyouharingey.org**

### Fusion Lifestyle –

**t:** 020 8885 7307  
**e:** afl@fusion-lifestyle.com

### Active Communities

**e:** get.active@haringey.gov.uk

### Silverfit

**t:** 07450 611155  
**e:** info@silverfit.org.uk