

Keep in touch

We'd like to let you know about activities in your area. If you'd like to receive information from Age UK Haringey please tick to indicate which activities you are interested in (tick as many boxes as apply), fill in your contact details below and return it to your local Age UK Haringey office, or to a member of Age UK Haringey staff.

- | | |
|---|---|
| <input type="checkbox"/> Walks | <input type="checkbox"/> Volunteering |
| <input type="checkbox"/> Exercise/gym sessions | <input type="checkbox"/> Lunch/social clubs |
| <input type="checkbox"/> Tai Chi | <input type="checkbox"/> Healthy eating |
| <input type="checkbox"/> Basic computers | <input type="checkbox"/> Falls prevention/awareness |
| <input type="checkbox"/> Seated exercise | <input type="checkbox"/> Other Age UK Haringey services |
| <input type="checkbox"/> Ballroom/Latin dancing | <input type="checkbox"/> Other (please specify) |

Name:

Address:

Postcode:

Tel:

Email:

Age UK Haringey

20e Waltheof Gardens
Tottenham
London N17 7DN

t 020 8885 1505

e activities@ageukharingey.org.uk

www.ageukharingey.org.uk



Keep Happy and Active

Keeping fit over 50



Our health and wellbeing programme is all about supporting people to stay healthy and happy. Come and join us!

Why get active?

- Helps reduce risk of coronary heart disease and stroke
- Helps reduce high blood pressure
- Helps decrease the risk of depression, stress and anxiety

What can you expect?

- Activities that cater for a wide range of tastes and abilities.
- Classes led by trained Age UK Haringey leaders & volunteers
- Sessions are ideal for older adults
- Plenty of fun, laughs and exercise at each session

Mondays

Dance Class (For mixed abilities)

Goan Centre,
Keston Road N17 6PW

10.30-11.30am

Dance Class

Kemble Hall,
Kemble Road N17 9UJ

1.00-2.00pm

50+ Exercise Class

Millennium Centre,
West Green Road N15 3QL

10.00-11.00am

Men's Aerobics (with disabilities)

Goan Centre,
Keston Road N17 6PW

5.00-6.00pm

Tuesdays

Keep-fit exercise

St Ann's Library,
Cissbury Road N15 5PU

10.00-11.00am

50+ Body Conditioning Chair-based exercise

Broadwater Farm Community Centre,
Adams Road N17 6HE

11.30-12.30pm

Chair based exercise (stroke survivors)

Haringey Stroke Club,
20e Waltheof Gardens N17 7DN

12.45-1.30pm

Active 50+ Exercise

Hornsey YMCA,
184 Tottenham Lane N8 8SG

2.15-3.15pm



Wednesdays

Chair based exercise

Summerhill Road Supported Housing,
off Philip Lane N17 4HR

11.15-11.45am

Thursdays

Keep-fit Exercise

St Ann's Library,
Cissbury Road N15 5PU

10.00-11.00pm

Keep-fit Exercise (Chair-based)

St Ann's Library,
Cissbury Road N15 5PU

11.15-12.15pm

Dance Class

YMCA, 184 Tottenham Lane N8 8SG

2.00-3.00pm

Advanced dance class

Commerce Road Centre, N22 8EE

3.30-4.30pm

Fridays

Tai-Chi

Age UK Haringey,
20e Waltheof Gardens N17 7DN

10.30-11.30am

Dance Class Zumba Gold

Turkish Women's Centre,
4 Willoughby Rd N8 0HR

10.00 -11.00am

Open to Haringey residents over 50. We look forward to seeing you at one of our low cost healthy living sessions.

For more information contact Janis Needs on **020 8885 1505** or email activities@ageukharingey.org.uk