

Buses: 1, P12, 381

Car park at rear of the building



LOTTERY FUNDED



Age UK Lewisham & Southwark

Healthy Living Centre

95 Southwark Park Road

London SE16 3TY

www.ageuk.org.uk/lewishamandsouthwark



@AgeUKLS



Yalding - Healthy Living Centre

Social activities for active older people



Who we are?

The Yalding Healthy living Centre is open to everybody aged 50 and over. Our ethos is to make later life fun and fulfilling we do this by working on the following:

Socialising, rekindling old friendship, making new friends, prevent isolation, prevent Depression, Prevent falls, we will support you to maintain good health and wellbeing, by encouraging you to participate in activities, to build friendship, conversations, laughter, feeling good about yourself.

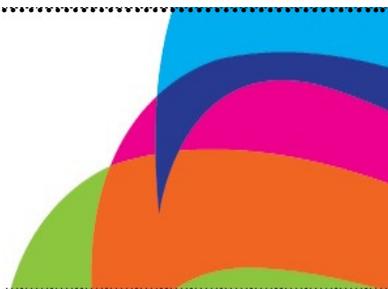
Available at the centre is Information and advice to address your concerns. And centres staff that will facilitate and aim to meet your needs, all these have its benefits for your wellbeing.

“Here at Yalding you will be inspired to enjoy later life”

If you would like more information, please contact the Centre on:

020 7237 0860

Healthy.living@ageuklands.org.uk



Mondays

10.00 -11.00 a.m. Line Dancing

10.30am-12pm Knitting
(Beginners welcome)

10.30am-4pm Computer access

11.15am-12.15pm Seated Exercise

1-2pm Tai Chi Exercise*

2-4pm Bingo*

Tuesday

11.30am-2.00pm Reflexologist*

10.30am-12pm Board Games

10.30am-4pm Computer access
Tutor available

11.00 a.m. - 12.00 p.m. Yoga

2.00 - 4.00 p.m. Film Afternoon

Wednesday

10.30am-4pm Computer Access

9.15 - 10.15 a.m. Swimming

11.00 a.m. - 12.00 p.m. Basic Spanish
Course

1.30 - 3.00 p.m. Pakour Dance *

2.00 - 4.00 p.m. Ballroom Dancing

Thursday

10am-2pm Manicure and Massage*

10.30am- 4.00 p.m. Computer Access
Tutor available

10.30am - 4.00 p.m. Hairdresser*

11am - 12.00 p.m. Senior Aerobics
(For the more active person)

11.30am - 12.15 p.m. Bowling at
Southwark Park *

2.30 - 4.00 p.m. Bingo/Raffle*

4.00 - 5.00 p.m. Pool

Friday

10.30-4pm Computer Access

11.30 a.m.- 12.30 p.m. Seated
Exercise Class

2.30 - 4.00 p.m. Bingo*

* Please note that these activities and services have a charge and require an appointment.

Monday to Friday

Refreshments

9.30-11am
Breakfast– Full English Breakfast including toast, tea, coffee, milk or fruit juice
£4.00

12.30-1.30pm
Lunch– Side salad, followed by main meal, desert and tea or coffee
£5.00

We are able to cater to special and faith-based dietary needs on request