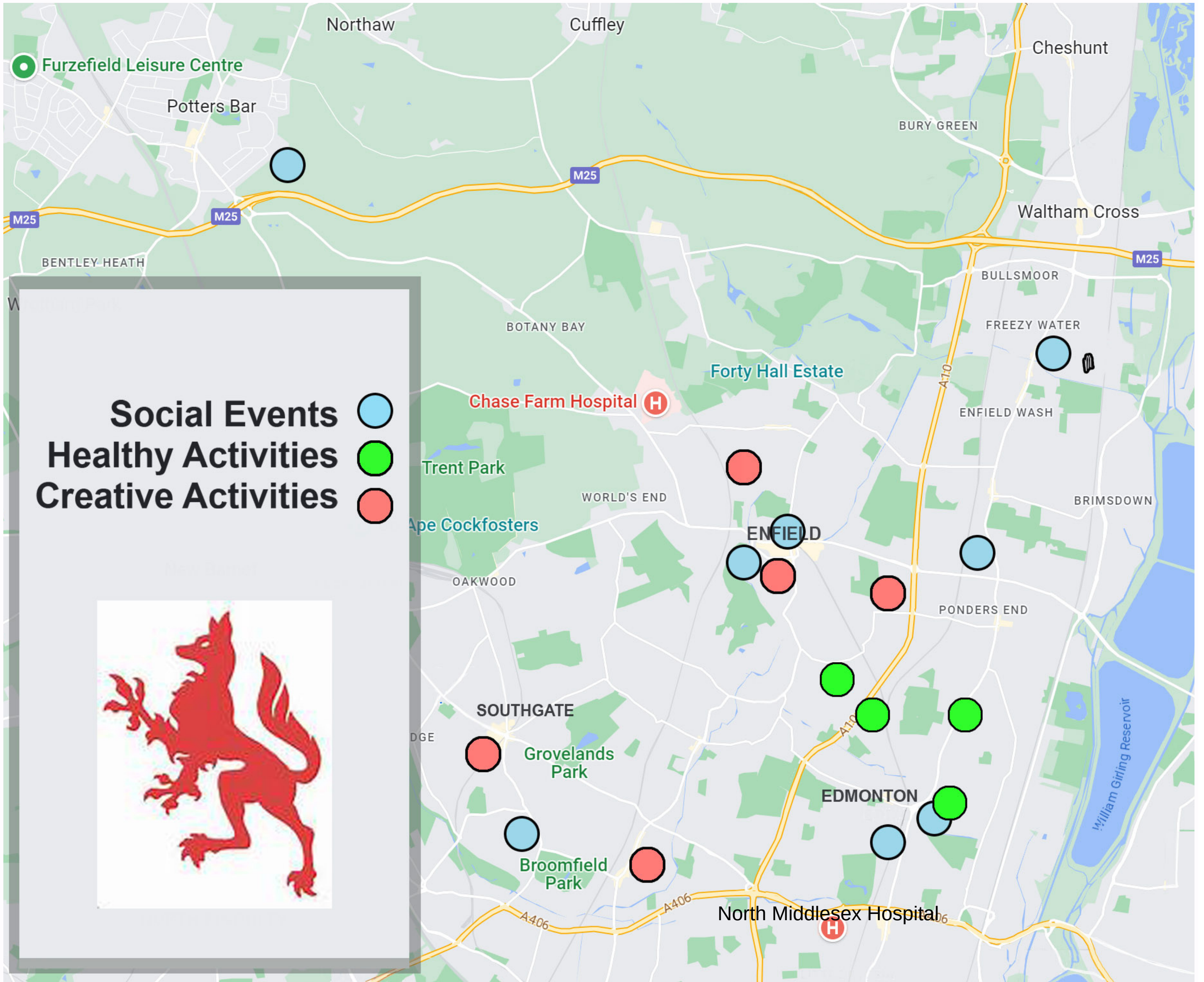


REGULAR EVENTS

CELEBRATING AGEING WELL

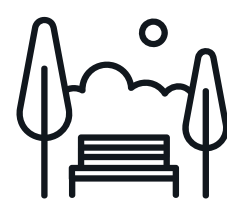
Enfield Map



Church



Market



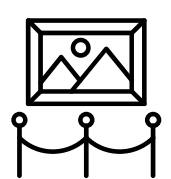
Park



Surgery



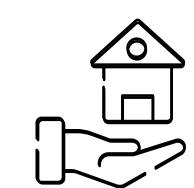
Library



Museum



Hall



Care Facility



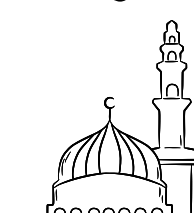
Shop



Community Hub



School



Mosque

# Social Events



## **ICAN Tea & Chatter**

**1st Thursday**

**Monthly, from 10:00-12:00**

**Enfield Town Library**

**EN2 6AX**



## **ICAN Tea & Chatter**

**2nd Tuesday**

**Monthly, from 10:00-12:00**

**Ordance Road Library**

**EN3 6ND**



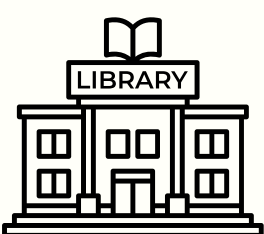
## **ICAN Tea & Chatter**

**1st Monday**

**Monthly, from 10:00-12:00**

**Edmonton Green Library**

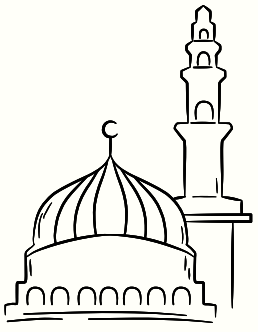
**N9 0TN**



# Social Events



**Rumi's Breakfast Club**  
**Every Tuesday, 11:00-12:30**  
**Rumi Mosque**  
**N9 0NU**



**MHA Monthly Afternoon Tea**  
**3rd Wednesday**  
**Monthly, from 12:30**  
**Ponders End Methodist Church**  
**EN3 4DG**



**MHA Natter Mornings**  
**Free Tea & Coffee**  
**Weekly on Thursdays at 10am**  
**Enfield Town Market**  
**EN2 6LN**



# Social Events



**MHA Lunch & Social Club**  
**2nd & 4th Wednesday**  
**Monthly, from 12:00 - 14:00**  
**Edmonton Methodist Church**  
**N9 0PN**  
**£2.50 suggested donation**



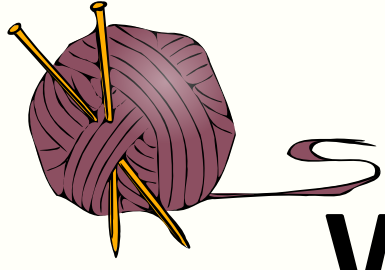
**MHA Social Lunch Club**  
**Weekly on Thursdays at 12pm**  
**Trinity Church, Enfield Town**  
**EN2 6AN**



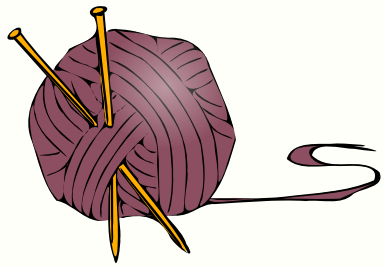
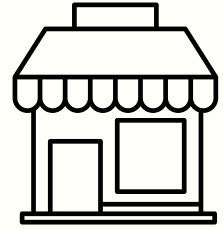
**Menopause Meetup**  
**10th October, 18:30 - 20:00**  
**Every second Tuesday thereafter**  
**Southgate Beaumont Care Home**  
**N14 7DJ**



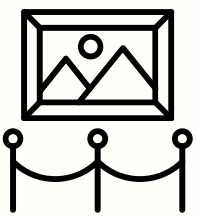
# Creative Activities



**Stitch - Knit & Natter**  
**Weekly on Tuesday, 10:30-12:00**  
**Stitch! Craft & Classes**  
**N13 5EX**



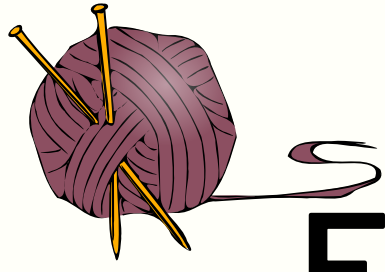
**Dugdale - Knit & Natter**  
**Weekly on Tuesdays at 2pm**  
**Wednesdays at 10am**  
**Dugdale Arts Centre**  
**EN2 6DS**



**EHLS Art Journal Meetup**  
**Materials Provided**  
**Monthly 2nd Friday, 11:00-13:00**  
**Southgate Library**  
**N14 6BP**



# Creative Activities



## **Edmonton Knit Wits**

**Every other Wed, 17:30-19:30**

**from October 11th**

**St. Peter's Church Hall, N9**

also online via zoom



## **Age UK Enfield - Men's Shed**

**Weekly Tues & Thu**

**10:30-13:30**

**beside John Jackson Library**

**EN1 1DW**



# Paid Activities

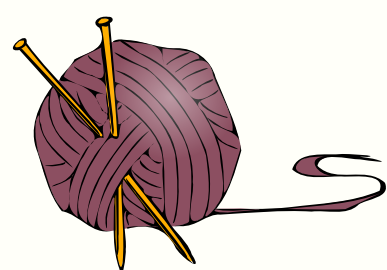


**Stitch - Sew with Pat**  
Weekly on Wednesdays, 11:00-13:00

**Stitch! Craft & Classes**

**N13 5EX**

**£40**



**Stitch & Knit Social**  
Every other Wednesday, 19:00-21:00

**Stitch! Craft & Classes**

**N13 5EX**

**£8**



**Enfield Art Circle - Speaker**

**12th October, 11:00-12:30**

**Chase Side Primary School**

**EN2 6NS**

**£7 non-members**



# Leisure Activities



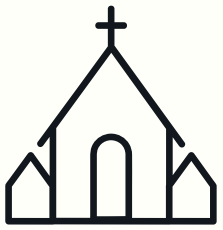
## **Age UK Enfield Senior Circuits**

**Weekly on Mondays, 11:00-12:00**

**St Adhelm's Church Hall**

**N18 1PA**

**1st class free, £4 thereafter**



## **EAWA Chair Yoga**

**Weekly on Thu & Fri, 11:00-12:30**

**Social after till 13:45**

**Edmonton Green Library**

**Community Room**



## **MHA Seated Exercise Class**

**Light lunch after class**

**Weekly on Fridays at 12:15pm**

**Bush Hill Park Methodist Church**

**EN1 2RS**





# Leisure Activities



## **Enfield Town FC Walking Football**

**Weekly on Mondays**

**Over 50's 18:00-19:00**

**Over 65's 19:00-20:00**



**3G Pitches, Donkeys Lane, EN1 3PL**



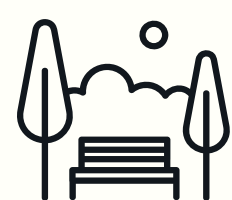
## **Age UK Enfield**

**Get Walking & Talking**

**Weekly on Fridays, 14:00-15:00**

**Pymmes Park Visitors Centre**

**N18 2UG**



**£2 suggested donation**



## **Exercise & Social 60+ Club**

**Weekly on Fridays, 10:00-12:00**

**Forest Rd Practice, Room 1**

**N9 7HD**

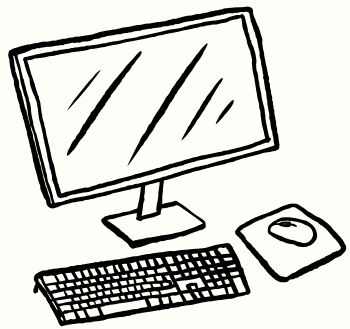


**£3 per session or £10 monthly.**

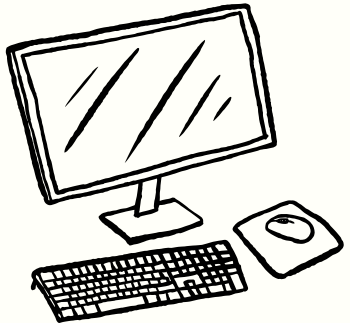
# Online Activities



**EAWA Zoom Social Hub**  
**Weekly on Tuesdays, 13:30-14:30**  
**Call Chhaya Tailor to book**  
**07782 541 789**

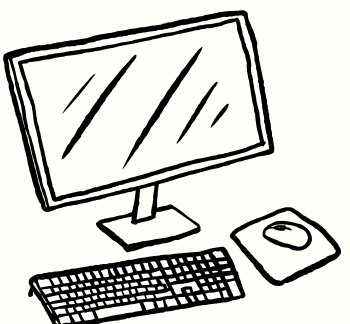


**Strictly Chair Yoga Online**  
**Wednesdays, 16:30-17:30**  
**book to get online access**  
**07900 666 567**



**EAWA Zoom Chair Yoga**  
**Weekly on Thursdays, 14:00-**  
**15:00**

**Meeting ID: 82325617194**  
**Password: EAWASocial**



# Contact Information

Age UK Enfield

Referrals@ageukenfield.org.uk or 0208 375 4120

EHLS Art Journal Meetup - Royal Voluntary Service

Shauna at enfield.hls@royalvoluntaryservice.org.uk or 07826511094

ICAN - Enfield Town Library Tea & Chatter

Ciara at [Ciara@alphacares.org.uk](mailto:Ciara@alphacares.org.uk) - 020 8375 4120

ICAN - Ordnance Road Library Tea & Chatter

Christine at [christine.shaw@ageukenfield.org.uk](mailto:christine.shaw@ageukenfield.org.uk) - 020 8375 4120

ICAN - Edmonton Green Library Tea & Chatter

Becky at [ican@enfieldcarers.org](mailto:ican@enfieldcarers.org) - 020 8375 4120

MHA

Toni at [toni.fielding@mha.org.uk](mailto:toni.fielding@mha.org.uk) and 020 8367 4137

Cooperscroft Care Home

Dawn at [bdm@cooperscroftcarehome.co.uk](mailto:bdm@cooperscroftcarehome.co.uk) and 017 0764 4179

Saheli

Krishna at [info@enfieldsaheli.org](mailto:info@enfieldsaheli.org) and 074 8316 6493

Stitch! Craft & Classes

Suzanne at [hello@stitch.org.uk](mailto:hello@stitch.org.uk)

EAWA

Chetna at [info@eawa.org.uk](mailto:info@eawa.org.uk) and 020 8443 1197

Strictly Chair Yoga

Jackie at [mychairyoga@100@gmail.com](mailto:mychairyoga@100@gmail.com)

Enfield Art Circle

Graham at [grahambray46@gmail.com](mailto:grahambray46@gmail.com)

# Membership Organisations

University of the Third Age (U3A) - [www.u3asites.org.uk/enfield/welcome](http://www.u3asites.org.uk/enfield/welcome)  
[enfieldu3a.org.uk](http://enfieldu3a.org.uk) and 079 2512 3763

Ruth Winston Centre - [www.ruthwinstoncentre.com](http://www.ruthwinstoncentre.com)  
[info@ruthwinstoncentre.com](mailto:info@ruthwinstoncentre.com) and 020 8886 5346

Active Enfield - [www.activeenfield.uk](http://www.activeenfield.uk)  
[sport@enfield.gov.uk](mailto:sport@enfield.gov.uk) and 020 8807 6680

Enfield Over 50's Forum - [www.enfieldover50sforum.org.uk](http://www.enfieldover50sforum.org.uk)  
[info@enfieldover50sforum.org.uk](mailto:info@enfieldover50sforum.org.uk) and 020 8807 2076

Fusion Lifestyle - [www.fusion-lifestyle.com](http://www.fusion-lifestyle.com)  
020 8245 3201

# Useful Organisations

Enfield Citizens Advice - [www.citizensadviceenfield.org.uk](http://www.citizensadviceenfield.org.uk)  
[info@enfieldcab.org.uk](mailto:info@enfieldcab.org.uk) and 080 8278 7837

Healthwatch - [www.healthwatchenfield.co.uk](http://www.healthwatchenfield.co.uk)  
[admin@healthwatchenfield.co.uk](mailto:admin@healthwatchenfield.co.uk) and 020 8373 6283

Mind in Enfield & Barnet - [www.mindeb.org.uk](http://www.mindeb.org.uk)  
[receptiondesk@mindeb.org.uk](mailto:receptiondesk@mindeb.org.uk) and 020 8906 7506

Enfield Carers Centre - [www.enfieldcarers.org](http://www.enfieldcarers.org)  
[info@enfieldcarers.org](mailto:info@enfieldcarers.org) and 020 8366 3677

Simply Connect Enfield - [www.enfield.simplyconnect.uk](http://www.enfield.simplyconnect.uk)  
[connectwell@enfieldva.org.uk](mailto:connectwell@enfieldva.org.uk) and 020 8373 6268

MyLife Enfield - [www.mylife.enfield.gov.uk](http://www.mylife.enfield.gov.uk)  
020 8379 1000