

Monday	Activity	Time	Venue	Cost
WEEKLY	Nifty Fifties FFL	10.00-10.50	North Enfield Conservative Club, 278 Baker Street, Enfield EN1 3LD	£5
WEEKLY	Senior Circuits FFL	11.00-12.00	St Aldhelm's Church Hall, Windmill Rd N18 1PA	£5 Refreshments included
WEEKLY	Line Dancing FFL	13.00-15.00	Southbury Leisure Centre 192 Southbury Road, EN1 1YT	£5 Refreshments included
1 st Monday of month	Tea and Chatter (ICAN)	10.00-12.00	Edmonton Green Library, N9 0TN	FREE
WEEKLY	Fall Stop Session Suitable for all - PS	12.30-13.15	Enfield Highway Community Centre, 117 Hertford Road, EN3 5JF	BOOKING ESSENTIAL Free for 12 weeks £3.00 there after
WEEKLY	Fall Stop Sessions Suitable for all - PS	13.30- 14.15	Enfield Highway Community Centre, 117 Hertford Road, EN3 5JF	BOOKING ESSENTIAL Free for 12 weeks £3.00 there after
3 rd Monday of month	Walk & Talk (ICAN) Suitable for all	13.30- 14.30	Durant's Park EN3 7ED	FREE E: Christine.shaw@ageukenfield.org.uk
Monthly- last Monday of the month	Memory Meet Up (ICAN) Dementia friendly	10.30-12.00	Edmonton Methodist Church 300 Fore Street, Edmonton N9 0PN	FREE ican@enfield.org
Tuesday	Activity	Time	Address	Cost
WEEKLY	Fit Steps FFL	10.00-10.50	Southgate Methodist Church, 47 The Bourne, Southgate, N14 6RS	£5
WEEKLY	Party Dances FFL	11.00-11.45	Southgate Methodist Church, N14 6RS	£5
WEEKLY	Stroke Café (ICAN) Suitable for all	13.00- 15.00	Palmers Green United Reformed Church, N13 4AL	FREE
Last Tuesday of month	Diabetes Support Group (ICAN)	13.30-15.00	Community House, N9 0PZ	FREE

	Suitable for all			
2 nd Tuesday of month	Tea and Chatter (ICAN) Suitable for all	10.00-12.00	Ordnance Unity Library, EN3 6ND	FREE
Weekly	Men's Sheds- a social group for men over 50, to meet, create and connect to others.	10.30- 13.30	John Jackson Library, 35 Agricola Place, EN1 1DW	FREE donations welcome
Weekly NEW ** From 9 th January 2024	Fall Stop Session Suitable for all - PS	12.30- 13.15	St Peters Church Hall N21 1DN	BOOKING ESSENTIAL Free for 12 weeks £3.00
Weekly	Fall Stop Session Suitable for all - PS	13.30- 14.15	St Peters Church Hall N21 1DN	BOOKING ESSENTIAL Free for 12 weeks £3.00
Weekly	Fall Stop Session Suitable for all - PS	14.30-15.15	St Peters Church Hall N21 1DN	BOOKING ESSENTIAL Free for 12 weeks £3.00
Monthly 2 nd Tuesday of the month	Menopause Meet Up New social support session for anyone experiencing peri menopause or menopause, Guest speakers, taster sessions. PS	6.30pm – 8.00pm	Beaumont Southgate Care Home, Canon Hill, N14 7DJ	FREE Booking essential Email
Wednesday	Activity	Time	Address	Cost
WEEKLY	Nifty Fifties Aerobics FFL	10.00-10.50	St Aldhelm's Church Hall, Edmonton, N18 1PA	£5
WEEKLY	Get Walking Get Talking FFL	10.45-11.45	Broomfield Park Café Palmers Greenery Community Café, Alderman's Hill, N13 4PL	£2 vol donations Refreshments are available at park café at discounted rates
WEEKLY	Fit Steps FFL	11.00-11.50	St Aldhelm's Church Hall, N18 1PA	£5
WEEKLY	Pilates FFL	14.00-15.00	St Aldhelm's Church Hall, N18 1PA	£5
WEEKLY	Nifty Fifties Aerobics FFL	14.00-14.50	Enfield Baptist Church, Cecil Road, EN2 6TG	£5
WEEKLY	Get Walking Get Talking FFL	14.30-15.30	Whitewebbs Park Café, Beggars Hollow, Enfield EN2 9JN	£2 vol donations Refreshments are available to purchase from café at discounted rates

1 st and 3 rd of month	Memory Meet Up Dementia Friendly Activities – for anyone diagnosed with dementia and their families, activities, and refreshments - PS	10.30-12.00	St Stephen's Church Hall, Village Road, EN2 2EU	FREE £2.50 suggested voluntary donation per person
2 nd Wednesday of Month	Social Singalong Suitable for all and all welcome Dementia Friendly Activities - PS	10.30-11.30	St Stephen's Church Hall, Village Rd, EN2 2EU	£2.50 suggested voluntary donation per person
Thursdays	Activity	Time	Address	Cost
WEEKLY	Fall Stop Session Seated ZUMBA Suitable for all - PS	10.45-11.30am	Community House Fore Street, N9	BOOKING IS ESSENTIAL 12 weeks free £2.50 thereafter
1 st Thursday of month	Tea and Chatter (ICAN) Suitable for all	10.00-12.00	Enfield Town Library, EN2 6AX	FREE Call 0208 375 4120
WEEKLY	Gentle Activities FFL	12.15-13.15	Southgate Methodist Church, N14 6RS	£5
WEEKLY	Move, Stretch & Tone FFL	13.20- 14.05	Southgate Methodist Church, N14 6RS	£5 With refreshments
WEEKLY	Line Dancing FFL	13.30-14.30	St Aldhelm's Church Hall, N18 1PA	£5 with refreshments
WEEKLY	Men's Shed's – a social activity for men over 50. Create, make and mend recycle and upcycle items. Suitable for all	10.30-13.30	John Jackson Library 35 Agricola Place, EN1 1DW	FREE
1 st Thursday of month Monthly	The Padwicks' Afternoon Tea & Show Suitable for all	Doors open 13.30. Show 14.00	St Peters Church Hall N21 1DN	£5 on the door Call 0208 375 4120 for dates
Fridays	Activity	Time	Address	Cost
WEEKLY	Zumba Gold FFL	10.00-10.45	St Aldhelm's Church Hall, N18 1PA	£5 with refreshments
WEEKLY	Get Walking Get Talking (FAST) FFL	10.20-11.20	Trent Park, Trent Park Café Cockfosters Rd EN4 0PS	£2 Voluntary donations Refreshments are available to purchase from park cafes at discounted rates
WEEKLY	Get Walking Get Talking (LEISURE STROLLERS) FFL	10.20-11.20	Trent Park, Trent Park Café Cockfosters Rd EN4 0PS	£2 Voluntary donations

				Refreshments are available to purchase from park cafes at discounted rates
WEEKLY	Get Walking Get Talking (MEDIUM) FFL	10.30-11.30	Trent Park, Trent Park Café Cockfosters Rd EN4 0PS	£2 Voluntary donations Refreshments are available to purchase from park cafes at discounted rates
WEEKLY	Get Walking Get Talking FFL Suitable for all	14.00-15.00	Pymmes Park, Visitors Centre, Victoria Rd, N18	£2 voluntary donations with refreshments
Monthly 2 nd Friday of month	Art Journalling – Memory Keeping Arts & Craft session- PS	11.00- 1.00pm	Southgate Library High Street, N14 6BP	FREE
Every Friday From 7 th June - 30 st August 2024	Cycling with Confidence	11.00- 15.00	Bush Hill Park Park, Lincoln Road, Enfield, EN1 1PS Meeting point: Shipping container in the park.	FREE
Monthly – 1st Friday every month	Monthly Quiz Fit for Life Suitable for all	14:00- 15:00	https://us02web.zoom.us/j/6561277877	FREE

To make a referral for services email referrals@ageukenfield.org.uk or call **0208 375 4120**.