

Age UK Enfield Activities

August - October 2025

EN1 – Enfield Town / Southbury / Bush Hill Park

Day & Time	Activity	Description	Venue	Info & Cost
Monday (weekly) 10:00–10:50	Nifty Fifties	An invigorating aerobic session with 60,70, and 80's music. Great for coordination, balance, flexibility. Suitable for all abilities. Refreshments available to purchase.	North Enfield Conservative Club, 278 Baker Street, EN1 3LD	First class free, £5 thereafter. No need to book.
Monday (weekly) 13:00–15:00	Line Dancing	Learn new dance routines. Low impact and great for improving balance and coordination. Suitable for all abilities. Free refreshments.	Southbury Leisure Centre, EN1 1YP	First class free, £5 thereafter. No need to book.
Tuesday (weekly) 10:30–13:30	Men's Sheds	A social group for men that enables you to learn new skills, experiment with woodwork whilst in a safe space to talk. Free refreshments.	John Jackson Library, Bush Hill Park, EN1 1DW	Free. Please call before attending
Thursday (weekly) 10:30–13:30	Men's Sheds		John Jackson Library, Bush Hill Park, EN1 1DW	Free. Please call before attending
Friday (weekly) 11:00–14:00	Inclusive Cycling (June – September)	Cycling for all abilities with bikes and trikes available to use. Support from an instructor available.	Bush Hill Park, Lincoln Road, EN1 1PS	Free. No booking required

Day & Time	Activity	Description	Venue	Info & Cost
Tuesday (weekly) 11am - 1pm	Tech Tuesday	Our friendly Digital Champions offer one to one support to help you make the most of your digital devices.	Dugdale Arts Centre, 39 London Road, Enfield, EN2 6DS	Free Booking essential
1st and 3rd Wednesday of every month 10:30–12:00	Memory Meet Up	A range of activities suitable for those diagnosed with dementia, and their carers. Each session has a different theme. Fun and inclusive for all.	St Stephen's Church Hall, Village Road, EN1 2BA	£2.50 per person incl. refreshments
2nd Wednesday of every month 10:30– 11:30	Social Singalong	Fun monthly sessions. Learn new songs, and remember your favourites. All music genres. No experience necessary.	Same as above	£2.50 per person incl. refreshments
4th Wednesday of every month 10:30– 12:00	Eat well for Brain Health (Ucan)	Learn healthy recipes and taste & share food samples. Suitable for those with a diagnosis of dementia and their carer.	Same as above	Free. Booking required
Wednesday (weekly) 14:00–14:50	Nifty Fifties Aerobics	An invigorating aerobic session with 60,70, and 80's music. Great for coordination, balance, and flexibility.	Enfield Baptist Church, Cecil Road, EN2 6TG	First class free, £5 thereafter
Wednesday (weekly) 14:30–15:30	Get Walking Get Talking (Country Walk)	Generally more challenging than park walks as has mixed terrains. Set in the beautiful Whitewebbs and the Forty Hall estate. Refreshments available for purchase.	Whitewebbs Park Café, Beggars Hollow, EN2 9JN	£2 donation.
1st Thursday of every month 10:00–12:00	Tea and Chatter	A monthly space to meet new friends and socialise. Every month we have a different speaker or activity.	Enfield Town Library, Community Room, EN2 6AX	Free with refreshments
Friday (Weekly) 11am - 1pm	Feel-Good Fridays	Currently paused for summer. Back in winter 2025.	Dugdale Arts Centre, 39 London Road, Enfield, EN2 6DS	Free. Refreshments available to purchase

📍 **EN3 – Enfield Highway / Ponders End / Brimsdown**

Day & Time	Activity	Description	Venue	Info & Cost
Monday (weekly) 12:00–12:45	Fall Stop Session	A 45 min session that focuses on improving strength, coordination, balance and reducing the risk of falls.	Enfield Highway Community Centre, Hertford Road, EN3 5JF	First 6 weeks free, then £3.50. Booking essential
Monday (weekly) 12:55–13:40	Falls Stop Session		Same as above	First 6 weeks free, then £3.50. Booking essential
Monday (weekly) 1:50–14:35	Falls Stop Session		Same as above	First 6 weeks free, then £3.50. Booking essential
3rd Monday of every month 14:00–15:00	Walk & Talk (UCAN)	A gentle walk and talk for all abilities, but especially those new or returning to walking. Appreciating the green space and nature along the way, with rest breaks for those that need it.	Durant's Park, Main entrance, Hertford Road, Enfield, EN3 5AJ	Free. No booking needed
2nd Tuesday of the month 10:00–12:00	Tea and Chatter	A monthly space to meet new friends and socialise. Every month we have a different speaker or activity.	Ordnance Unity Centre Library, First Floor, EN3 6ND	Free with refreshments

EN4 – Cockfosters / Trent Park

Day and Time	Activity	Description	Venue	Info & Cost
Friday (weekly) 10:20–11:20	Get Walking Get Talking (Fast Walk)	Walk leaders lead 3 different paced walks (Fast, Medium and Leisure strollers) across all terrains in the beautiful settings at Trent Park. Refreshments are available to purchase from the cafe.	Trent Park Café, Cockfosters Road, EN4 0PS	£2 donation
Friday (weekly) 10:20–11:20	Get Walking (Leisure Strollers)		Same as above	£2 donation
Friday (weekly) 10:30–11:30	Get Walking (Medium Walk)		Same as above	£2 donation

N9 – Fore Street / Edmonton Green

Day & Time	Activity	Description	Venue	Info & Cost
Thursday (weekly) 10:45–11:30	Zumba – Seated Class	45 min dance-based activity. Zumba is great for coordination, balance and strength. It's a way of reducing risk of falls whilst having fun.	Community House, Fore street, N9 0PZ	£3.50. Booking essential
Thursday (weekly) 12:00–13:00	Strength Class	Accessible strength-based circuit class - suitable for all abilities. Gain confidence in exercise using resistance bands, dumbbells, steps, and more in our friendly class.	Same as above	£3.50. Booking essential

N13 – Palmers Green

Day & Time	Activity	Description	Venue	Info & Cost
Wednesday (weekly) 10:45–11:45	Get Walking Get Talking (Park Walk)	Broomfield Park has paths to follow and an even terrain. This session is suitable for all, and members gather to socialise at the Palmers Greenery Café for refreshments which can be purchased after the walk.	Broomfield Park, Alderman's Hill, N13 4PL	£2 donation.

N21 – Winchmore Hill / Grange Park

Day & Time	Activity	Description	Venue	Info & Cost
Tuesday (weekly) 12:30–15:15	Fall Stop Sessions	A 45 min session that focuses on improving strength, coordination, balance and reducing your risk of falls. The sessions include use of resistance bands and equipment	St Peter's Church Hall, Vera Avenue, N21 1DB	First 6 weeks free, then £3.50. Booking essential
Tuesday (weekly) 13:30-14:15	Fall Stop Sessions		Same as above	First 6 weeks free, then £3.50. Booking essential
Tuesday (weekly) 14:30-15:15	Fall Stop Sessions		Same as above	First 6 weeks free, then £3.50. Booking essential

N14 – Southgate

Day & Time	Activity	Description	Venue	Info & Cost
Tuesday (weekly) 10:00–10:50	Fit Steps	A combination of Latin and Ballroom dances which are accessible to all and lots of fun. You don't even need a partner!	Southgate Methodist Church, 47 The Bourne, N14 6RS	First class free, £5 thereafter. No need to book.
Tuesday (weekly) 11:00–11:45	Party Dances	A fun 45-minute dance-based exercise class to all your favourite floor fillers. Dance is a great way to improve coordination, heart-health, balance, and resistance.	Same as above	First class free, £5 thereafter
Thursday (weekly) 12:10–13:10	Gentle Exercise (option of seated)	Great for beginners, or people returning to exercise. Seated exercises that use resistance bands which improves strength and help tone the whole body.	Same as above	First class free, £5 thereafter
Thursday (weekly) 13:20–14:05	Move, Stretch & Tone	A workout, split into three 15 min sessions of stretching, resistance band work and exercises that promote strength and toning.	Same as above	First class free, £5 thereafter
2nd Tuesday of every month 18:30 – 20:00	Menopause Meet-Up	Social support session for anyone experiencing peri-menopause or menopause. Held monthly, every session has guest speakers and taster sessions of a variety of activities. To book email beh-tr.enfieldtalkingtherapies@nhs.net	Beaumont Southgate Care Home, Canon Hill, N14 7DJ	Free. Booking essential

Day & Time	Activity	Description	Venue	Info & Cost
Monday (weekly) 11:00–12:00	Senior Circuits	A fun 60 minute class to music. Strengthens muscles, improves balance, coordination and overall fitness. Suitable for all abilities. Free refreshments.	St Aldhelm's Church Hall, N18 1PA	First class free, £5 thereafter. No need to book.
Wednesday (weekly) 10:00–10:50	Nifty Fifties	An invigorating aerobic session with 60,70, and 80's music. Great for coordination, balance, flexibility. Suitable for all abilities.	St Aldhelm's Church Hall, N18 1PA	First class free, £5 thereafter
Wednesday (weekly) 11:00–11:45	Seated exercise (UCAN ENFIELD)	A fun 45 minute session that focuses on improving strength, coordination, and balance.	St Aldhelm's Church Hall, N18 1PA	First 6 weeks free when you register to Ucan Enfield. £3.50 thereafter.
Thursday (weekly) 13:30–14:30	Line Dancing	A fun workout to a variety of music which helps to increases brain function, bone health, balance and co-ordination and mental wellbeing. Free refreshments.	St Aldhelm's Church Hall, N18 1PA	First class free, £5 thereafter
Thursday (weekly) 15:00–16:00	Pilates (UCAN ENFIELD)	Teaches body awareness and good posture. Pilates improves strength and agility and can alleviate back pain.	St Aldhelm's Church Hall, N18 1PA	First 6 weeks free when you register to Ucan Enfield. £3.50 thereafter.
Friday (weekly) 10:00–10:45	Zumba Gold	Latin-inspired dance workout that helps tone and sculpt the body. Free Refreshments.	St Aldhelm's Church Hall, N18 1PA	First class free, £5 thereafter
Friday (last) 10:30–12:30	Men's Wellbeing Group	A safe space to meet new people, share experiences and take part in a range of activities.	Pymmes Park Visitors Centre, Victoria Road, N18 2UF	Free. Refreshments included
Friday (weekly) 14:00–15:00	Walk & Talk (Park walk)	This session is suitable for all, due to the flat terrain. Free refreshments are served afterwards at the visitors centre.	Pymmes Park Visitors Centre, Victoria Road, N18 2UF	£2 donation



Day & Time	Activity	Description	Platform	Info & Cost
1st Friday of every month 15:00–16:00 (starting 3rd October 2025)	Monthly Quiz	Exercise your mind! Join us for a monthly online quiz during autumn and winter. All topics and great fun!	https://us02web.zoom.us/j/6561277877	Free. Passcode is ffERf1 Call if you need tech help

For more information about any of our activities

Call: 0208 375 4120

Email: admin@ageukenfield.org.uk

Age UK Enfield operates a cashless system. All payments for activities can be made securely by debit card.

Please speak to a member of the team if you feel you need support with this.