Age UK Enfield Activities
November 2026 - January 2027

📍 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) 11:00-12:45	Dementia Friendly Swim	Enjoy a gentle, supportive swim followed by tea, coffee, and a friendly game of Boccia. A relaxed morning of fun, friendship, and wellbeing for all!	Southbury Leisure Centre, EN1 1YP	Free **BOOKING ESSENTIAL** Email: dominic.hall@gll.org
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) 10:00–13:00	Men's Sheds	A social group for men, enabling the learning and development of new skills. Experiment with woodwork whilst in a safe space to talk. Free refreshments.	Bush Hill Park United Reformed Church, 25 Main Avenue, EN1 1DJ	1st session free. Please call before attending
Thursday (weekly) 10:00–13:00	Men's Sheds		Same as above	1st session free.Please call before attending.

📍 *EN1 – Enfield Town / Southbury / Bush Hill Park Continued...*

Day & Time	Activity	Description	Venue	Info & Cost
1st & 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	£3.50 per person incl. refreshments
2nd Wednesday of every month 10:30–11:30	Musical Movements	Fun monthly sessions. Learn new songs, and remember your favourites. All music genres. No experience necessary.	Same as above	£3.00 per person incl. refreshments

📍 *EN2 – Enfield Town / Enfield Chase / Gordon Hill / Forty Hall*

Day & Time	Activity	Description	Venue	Info & Cost
Monday (weekly) 13:00-14:30	Over 60's LGBTQ+ social group	Join Enfield's new LGBTQ+ over 60s group. A space to celebrate Pride, share stories, and build our community together.	Lancaster Centre, 53 Lancaster Road, Enfield, EN2 0BU	No booking required. Free with refreshments
Tuesday (weekly) 10:00- 12:00	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**
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 Cafe, Beggars Hollow, EN2 9JN	£2 donation welcome
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, First floor, Community Room, EN2 6AX	£2 with refreshments

📍 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 £4.30. **Booking essential**
Monday (weekly) 12:55-13:40	Falls Stop Session		Same as above	First 6 weeks free, then £4.30 **Booking essential**
Monday (weekly) 13:50-14:35	Falls Stop Session		Same as above	First 6 weeks free, then £4.30. **Booking essential**
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	£2 with refreshments
Tuesday (weekly)	Gentle Exercise *Communities in Motion*	A friendly exercise class for adults aged 65+, with gentle seated and standing exercises to improve strength, balance and mobility.	Albany Leisure Centre, Hertford Road EN3 5XH	First 12 weeks free - **Booking essential**
Wednesday (Weekly)	Gentle Exercise *Communities in Motion*	A friendly exercise class for adults aged 65+, with gentle seated and standing exercises to improve strength, balance and mobility.	Albany Leisure Centre, Hertford Road, EN3 5XH	First 12 weeks free - **Booking essential**
2nd and 4th Wednesday of every month	Walk and Talk *Commnuities in Motion*	A friendly group walk for adults aged 65+, helping to improve fitness, confidence and wellbeing. Walk at your own pace, with rest breaks available.	Albany Leisure Centre, Hertford Road, EN3 5XH	First 12 weeks free - **Booking essential**

📍 *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 welcome
Friday (weekly) 10:20–11:20	Get Walking (Leisure Strollers)		Same as above	£2 donation welcome
Friday (weekly) 10:30–11:30	Get Walking (Medium Walk)		Same as above	£2 donation welcome

📍 *N9– Edmonton*

Day & Time	Activity	Description	Venue	Info & Cost
Monday (weekly) 12:45–13:35	Seated Zumba *Communities in Motion*	A fun, low-impact seated Zumba class for adults aged 65+ to improve fitness, mobility and wellbeing through gentle movement and music at your own pace.	Edmonton Leisure Centre The Broadway, N9 0TR	First 12 weeks free - **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 afer 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) 12:30–13:15	Fall Stop Sessions	A 45 min session that focuses on improving strength, coordination, balance and reducing 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 £4.30 thereafter. **Booking essential**
Tuesday (weekly) 13:30-14:15	Fall Stop Sessions		Same as above	First 6 weeks free, then £4.30 thereafter. **Booking essential**
Tuesday (weekly) 14:30-15:15	Fall Stop Sessions		Same as above	First 6 weeks free, then £4.30 thereafter. **Booking essential**
Thursday (weekly) 14:30-15:15	Falls Stop Session		Same as above	First 6 weeks free, then £4.30 thereafter. **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 helps 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 actvities. To book email *beh-tr.enfieldtalkingtherapies@nhs.net*	Beaumont Southgate Care Home, Canon Hill, N14 7DJ	Free. **Booking essential**

📍 N18 – Upper Edmonton / Angel Road

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
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) 10:45- 11:30	Chair Zumba	Chair Zumba is a fun, low-impact seated workout that adapts Zumba moves for people with limited mobility, balance concerns, or those easing back into exercise.	St Aldhelm's Church Hall, N18 1PA	£4.30 per class **Booking essential**
Thursday (weekly) 12:00- 12:45	Stregnth Circuit	A moderate workout for older adults to improve strength, balance, and mobility using resistance bands, light weights, and bodyweight exercises at an adjustable pace.	St Aldhelm's Church Hall, N18 1PA	£4.30 per class **Booking essential**
Thursday (weekly) 15:00- 16:00	Pilates	Pilates cultivates body awareness and healthy posture while improving strength and agility, helping to reduce back pain.	St Aldhelm's Church Hall, N18 1PA	First class free, £5 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

📍 *N18 – Upper Edmonton / Angel Road continued*

Day & Time	Activity	Description	Venue	Info & Cost
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

📍 *ONLINE*

Day & Time	Activity	Description	Platform	Info & Cost
1st Friday of every month 15:00–16:00	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/65612 77877	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

UCAN ENFIELD

Did you know we offer even more activities under our Ucan Enfield project?

Sign up today for 6 weeks of free access to our nutrition workshops and exercise classes, including...

- Healthy cooking
- Eat well with diabetes
- Inclusive cooking and much more
- Yoga
- Strength and tone
- Zumba tone and much more!

For more information:

Website: www.ucanenfield.co.uk

Email: Ucanenfield@ageukenfield.org.uk

Telephone: 0208 375 4120

SCAN ME

The Mabel Churn Centre

The Mabel Churn Centre is a welcoming and uplifting place where people living with dementia can feel safe, valued, and connected. Our thoughtfully designed space and skilled team help each person feel comfortable and cared for.



What we offer

- Dementia-specialist day centre
- Welcoming, purpose-built environment
- Engaging, meaningful activities
- Nutritious lunch & refreshments
- Social connection & wellbeing
- Compassionate highly trained staff
- Personal care support
- Transport options available
- Drop in service

To arrange a visit or find out more scan the QR code

Call: 0208 351 1131

Email: day.centre@ageukenfield.org.uk

Website: www.ageukenfield.org.uk

The Mabel Churn Centre, 55b The Sunny Road, Enfield, EN3 5EF

Enfield age UK
Let's change how we age

GaitSmart

GaitSmart Technology

Our Falls Prevention Service is pleased to introduce GaitSmart. An innovative solution that enhances mobility insights and strengthens proactive fall prevention.



80% OF PEOPLE WHO FOLLOW OUR PROGRAM REPORTED AN IMPROVEMENT IN THEIR MOBILITY



New Offer
£35 for one session!
Get booked in now!
RRP £75

WHAT IS GAITSMART?

Discover cutting-edge technology that studies your walking pattern to uncover what's holding you back. It creates a personalised exercise plan—simple, gentle, and designed just for you to help restore your mobility and get you moving with confidence again.

WHO IS THIS FOR?

- Suffered a fall or at risk of falling?
- Living with osteoarthritis?
- Reduced mobility?
- Want to improve walking, balance and mobility?

For more information email:
gaitsmart@ageukenfield.org.uk or call **0208 375 4120**

SCAN ME

Frequently Asked Questions

What is the testing criteria for GaitSmart?
The requirement to be tested using the GS2 product is that the person being measured must have the ability to walk 10 meters, turn around and walk back. The use of prosthetic legs and walking aids, including sticks and frames, are permissible. The GaitSmart product is used over clothing.

What should I wear?
Fitted trousers are best worn as we are unable to place straps directly onto the skin. No shorts or skirts. Please remove any belts or items in pockets.

What happens if I attend in a long skirt?
Unfortunately, we will be unable to perform your test and you will still be charged for the session. We are unable to place sensors directly onto the skin and trying to place sensors over a long skirt would affect the accuracy of the reading.

How do I book my session?
Please call the mainline on 0208 375 4120 or email *gaitsmart@ageukenfield.org* to register your interest, and you will be given information on the dates and times available.

Do you come to my home?
Unfortunately, our testing sessions are based in community spaces and we do not conduct home visits.

Will the sensors affect my pacemaker?
No.

Do I need two sessions?
We recommend having a follow up test to see how you have improved following your exercises.

How much does it cost per session?

	One session	Two sessions
50+	**£35**	**£40**
50+ receiving Universal credit/Pension credit	**£15**	**£25**