

# Get Together

For adults 18+

Find new interests & find others locally!

Islington ageUK

Discover regular activities to help you to keep active, try out new interests and meet other locals - for adults of all ages (18yrs+).

April - June 2026



## Welcome Spring!

### A New Season of Activities

From April to June, Islington's community centres, libraries, leisure centres and parks offer plenty of ways to get active, connect with others and support your wellbeing in the new season.

### Enjoy All Nature Has to Offer

With spring in full bloom, admire nature at gardening classes, spring and wellbeing walks and outdoor gyms. Find sessions inside!

### Get Active Indoors and Out

Try out a new fitness or dance class, explore activities at local leisure centres or visit the Cally Clock Tower Centre for regular Park Cuppas, talks and fun activities.

### Brush up on Your History

Travel to the British Museum and the Museum of London to explore objects from the past and take part in wellbeing activities.

### Libraries as Community Hubs

Read on to discover World Book Night, join reading or over-60s groups or find cool spaces to avoid the heat.

### Get in Touch!

In Islington, connections and support are always here for you – contact Age UK Islington to help you find activities and support that is right for you!

**Age UK Islington: 020 7281 6018**  
**gethelp@ageukislington.org.uk**



Age UK Islington is here to help adults 16yrs+.

Call our helpline: 020 7281 6018 (Mon - Fri 9am - 5pm)

Get free, confidential information & guidance e.g. about money worries, keeping independent at home, getting out and about, help to find social groups.

Keep informed: receive digital mailings with info about local activities, opportunities & support direct to your email inbox!

# Weekly Get Together Activities

Free unless a price is shown. No need to book in advance.



Sarah-Jane, Dance Fitness

**Don't miss out on the latest events!**

Contact Age UK Islington to sign-up for our monthly newsletter and regular mailings sent by email.

“When you have not been well you lose confidence and it can be difficult to get out. But I am very glad I got out again. (Islington resident)”

## Mondays

### Ballroom & Latin Dance 2 - 4pm, weekly

Whittington Park Community Centre, Yerbury Rd, N19 4RS  
£3 per session.

### Wu Style Tai Chi 5-6pm, weekly

Wu Shi Studio, 20 Blackstock Rd, N4 2DW  
Improve balance and energy in person or on Zoom!

## Tuesdays

### Sobell Get Together 10.30am - 1pm, weekly

Sobell Leisure Centre, Hornsey Rd, N7 7NY.  
£2.80 (debit or credit card) 50yrs+.

Better Leisure Sports social. Try activities including badminton, table tennis and indoor bowls. Hot drinks & chats!

### Women Only Zumba 6.15 - 7.15pm, weekly

Elizabeth Community Centre, 2 Hurlock Street, N5 1ED  
A lively class with the option to join in to your own ability!

## Tuesdays (cont.)

### Dance Fitness

(Healthy Generations)  
3pm - 4pm, weekly  
Jean Stokes Community Centre, Coatbridge House, Carnoustie Dr, N1 0DX  
Try a dance fitness class with a mix of cardio, strength and balance exercises. Move to 70's-90's pop, dance and disco music!

## Wednesdays

### Finsbury Get Together 10.30am - 12.30pm, weekly

Finsbury Leisure Centre, Norman Street, EC1V 3PU. £2.80 (debit or credit card) 50yrs+.  
Better Leisure Sports social in the south of Islington. Try table tennis, badminton and short tennis. Sit down for a tea and coffee!

### Park Cuppa 11am - 12pm, weekly

Cally Clock Tower Centre, Caledonian Park, N7 9PL.  
Join this small group for a chat over a cuppa, in this lovely location. Regular guest speakers!

## Thursdays

### Sobell Get Together 10.30am - 1pm, weekly

Sobell Leisure Centre, Hornsey Rd, N7 7NY.  
£2.80 (debit or credit card) 50yrs+.

Better Leisure Sports social. Try a range of activities and have a chat over a hot drink! Badminton, table tennis, indoor bowls and dominoes.

### Indoor Bowls 12-2pm, weekly

Mildmay Community Centre, Woodville Rd, Mayville Estate, N16 8NA  
Come and join Mark from Arsenal and other locals for a relaxed, friendly game of bowls. Hot drinks available.

## Fridays

### Chair Yoga 11am-12pm, weekly

St. Luke's Community Centre, 90 Central St, EC1V 8AJ  
With Peter Ibruegger. Free for members of St Luke's who live in the area of benefit, otherwise £5.

Contact the activity providers below for more details and how to book.  
Call Age UK Islington 020 7281 6018 to find an activity that's right for you!

**Need help finding an activity that's right for you? Contact us!**  
Age UK Islington Helpline on 020 7281 6018 / [gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)

# Special and monthly Get Together Activities

**Booking  
essential!**

All activities below are free. Booking essential.

## Special Activities & Workshops: booking essential - see contact details below

### British Museum Visit

**Thurs 9 April, 10.30am-12.30pm**

Great Russell Street  
London WC1B 3DG

Join the Community Partnerships team in this special visit to the British Museum. We'll get an insight into how indigenous people from around the world have been using the natural resources around them to make beautiful and functional objects. The visit will include an object-handling activity and refreshments.

Booking is essential - see below.

### Kew Gardens Walk

**Thursday 7 May, 11am**

Kew Gardens, Victoria Gate, Kew Road, TW9 3JR

Join us at Kew Gardens to say hello to spring in this free visit organised by Age UK Islington. A volunteer will be there to greet you at the main gate and you're welcome to stay with them throughout the visit. NB. this is not a guided tour. Maps will be provided if you prefer to explore at your own pace. Remember to wear comfortable shoes!

Booking is essential - see below.

### Park Cuppa Special Editions

**Last Wednesday of month, 11am-12pm**

Cally Clock Tower Centre,  
Caledonian Park, N7 9HF

#### 29 April - Chair Yoga

A calming session of chair yoga and gentle stretches with Pesh.

#### 27 May - London Museum

Chat about the new museum site at Spitalfields with staff.

#### 24 June - Chinese History

Join volunteer Yisa Shi for an engaging session about Chinese culture, language and history.

Booking is essential - see below.

**Booking essential! Call Age UK Islington on 020 7281 6018 / gethelp@ageukislington.org.uk**

## Dementia Support Group



### The Minds Together Cafe

**9 April, 14 May, 11 June, 1-3pm**

Goodinge Community Centre,  
2 Goodinge Rd, Market Estate,  
20 North Road, N7 9EW

A welcoming monthly event for people living with dementia and their carers. It offers friendship, support from professional services and activities in a relaxed environment. No need to book!

## Body, Mind and Heart: A Museum Wellbeing Day



Join Age UK Islington and the London Museum for a day of talks and wellbeing activities for people with heart problems. Hear from health experts and enjoy lunch!

**Thursday 25 June, 10.30-2pm**

London Museum Studios, Floor 1  
1E Poultry Ave, EC1A 9PT



**Request a place! Call Age UK Islington on 020 7281 6018 / gethelp@ageukislington.org.uk**

# Islington Parks Activities

For Islington residents 18yrs+ All activities below are free unless a price is shown.



## Health & History Walks

Led by Islington Guided Walks. Gentle walks through green spaces, with expert local history guides to give you fascinating facts about Islington's past. Starting 11am:  
**Friday 24 April - Wray Crescent**  
**Friday 29 May - Rosemary Gardens**  
**Friday 26 June - Quaker Gardens**

For more information about each walk, with details of the meeting points:

<https://islingtonlife.london/things-to-do/free-health-and-history-walks/>

## Cally Park Events

Caledonian Park, N7 9HF, Meet at Cally Clock Tower

Herbs, Planting and Propagating

**Wed 8 April, 12.30-4pm**

Herbs, a walk and talk discovering Herbs of Cally Park

**Wed 6 May, 12.30-4pm**

Open Gardens Weekend

**Sat 6 & Sun 7 June, all day**

Free, but booking required for a clock tower tour, email

[callypark@islington.gov.uk](mailto:callypark@islington.gov.uk)

## Health & Nature Walk

**First Friday of month (except April) 10 - 11am**

**10 April, 1 May, 5 June**

Islington Ecology Centre, Gillespie Park, 191 Drayton Park, N5 1PH

A guided stroll around the nature reserve with others, observing wildlife and the changing seasons. Free tea and coffee afterwards. All Islington adults welcome. Dementia-friendly.

No need to book, just turn up!

For info: 020 7527 4374 /

[ecologycentre@islington.gov.uk](mailto:ecologycentre@islington.gov.uk)

## Green Guardians Gardening Groups

**Tuesdays and Wednesdays 10am - 12pm**

Join [The Garden Classroom](#) for some relaxed community gardening in an Islington green space. There's no need to book, you can just turn up and join in. Gloves, tools, guidance and refreshments are provided. Please note that we follow the school terms and are shut for half terms and holidays.

Tuesdays and Wednesdays: Market Road Gardens, N7 9GR

Wednesdays: Newington Green Gardens, N16 9PX

For more details, email [greenspaces@thegardenclassroom.org.uk](mailto:greenspaces@thegardenclassroom.org.uk)

## Outdoor Gym

Would you like to find out how to use the outdoor gym equipment in the park? Join a free and friendly session with a qualified fitness instructor to learn more.

Caledonian Park: Meet at outdoor gym near Clocktower

**Sat 18 April, 10:30am - 11:30am**

**Sat 9 May 10:30am - 11:30am**

**Sat 20 June 10:30am - 11:30am**

## The Garden Classroom Walks

Discover community green spaces!

Fridays at 1.30 - 2.30pm

**Friday 17 April**

New River Path: Meet at the entrance on St Paul's Road, N1

**Friday 24 April**

St John's Gardens: Meet outside Farringdon Station, EC1M 6BY

**Friday 1 May**

Highbury Fields Wildlife Garden:

Meet at Highbury Crescent, N5

**Friday 8 May**

Thornhill Road Gardens and Barnard Park: Meet at entrance on Thornhill Road, N1 0LU

## International Good Deeds Day

**Saturday 11 April, 10am - 1pm**

Islington Ecology Centre, 191 Drayton Park, London N5 1PH

Wildlife presentation, arts and crafts, Gillespie Park talk, Doing Good Workshop and volunteer tasks. Come along and join in!

**Find more activities: [www.islington.gov.uk/active](http://www.islington.gov.uk/active)**

**Need help finding an activity right for you? Call Age UK Islington 020 7281 6018**

# Keeping Active in Islington



For Islington residents 18yrs+ Activities are free unless stated otherwise.



## Fitness Classes

Healthy Generations offer fitness classes mainly for people aged over 50, including aqua aerobics, gentle exercise, line dancing, pilates, classes for women with remedial osteoporosis or going through the menopause and more. Sessions are located in community centres, parks, libraries, leisure centres and online.

Free or £3-5 optional donation!  
For more information, visit > [healthygenerations.org.uk/](http://healthygenerations.org.uk/)  
Or call 0798 114 2376.

## Arsenal in the Community

Walking Football sessions for people with Parkinson's disease and for men with prostate cancer. Arsenal Hub, Benwell Road, N7  
To book: Rhys 07548 107576 / [rratcliffe@arsenal.co.uk](mailto:rratcliffe@arsenal.co.uk)

## Weight Loss for Men

Weight loss course for men through food education and enjoyable exercise - one evening per week for 12-weeks.  
To book: Arsenal in the Community, Rhys 07548 107576 / [rratcliffe@arsenal.co.uk](mailto:rratcliffe@arsenal.co.uk)

## Strength & Balance 55+

Arsenal in the Community offers strength and balance exercise classes for people aged 55+ who have a need to increase strength, mobility and independence.

Sessions at: Arsenal Hub, N7 7BA, Andover Community Centre, N7 7RY, and Mildmay Community Centre, N16 8NA.

To book: Arsenal in the Community, Rhys 07548 107576 / [rratcliffe@arsenal.co.uk](mailto:rratcliffe@arsenal.co.uk)

## Swimming

Swimming is available for Islington Residents (60+) with a Better Adult Senior pay as you go membership. Archway Leisure Centre, Cally Pool, Highbury Leisure Centre and Ironmonger Row Baths:

Monday-Friday 9am-4pm  
Weekends after 1pm

Free Swimming Lessons:

Highbury Leisure Centre N5

Beginners - Monday 9.30-10am,  
Monday 10-10.30am,

Improvers - Monday 10.30-11am  
Friday 11.30am-12pm

Ironmonger Row Baths EC1V

Beginners - Friday 11.30am-12pm  
Improvers - Friday 11-11.30am



## Leisure Centres 60+

Leisure centres offer activities for people aged over 60. There is a charge; contact the leisure centre for the cost.

### Archway Leisure Centre, N19

Aqua Aerobics -

Wednesday: 7-7.45pm

### Sobell Leisure Centre, N7

Multi-Sports -

Tuesday: 10.30am-1pm

Thursday: 10.30am-1pm

Senior Circuit - Tuesday: 12.30-1pm, Thursday: 12.30-1pm

Tai Chi - Monday: 12.15-1.15pm

Walking Football -

Friday: 5-6pm

Zumba Basics -

Tuesday: 11.45am-12.45pm,

Thursday: 11.30am-12.30pm

### Finsbury Leisure Centre, EC1V

Multi-Sports -

Wednesday: 10.30am-12.30pm

### Islington Tennis Centre, N7

Social Tennis - Monday: 2-4pm,

Wednesday: 12-2pm

**Exercise today can pay off in the future!**

**Keep your heart strong**

**Keep your mobility**

**Keep your flexibility**

**Prevent common health conditions**

**Find your way of moving!**

Find more activities: [www.islington.gov.uk/active](http://www.islington.gov.uk/active)

Need help finding an activity right for you? Call Age UK Islington 020 7281 6018

**Booking essential!**



## Let's Talk

Join us for our monthly Let's Talk event. It's relaxed, friendly & social with lots of discussion, guest speakers and light lunch.

All activities on this page are free.  
Booking essential.



### Keep up to date with topics requested by local residents

#### Let's Talk Event:

**Thursday 16 April**  
**10.30am-1.45pm**

Islington Council (Community Space) 222 Upper Street, N1 1XR  
The Islington Food Partnership and Octopus will share how to reduce your weekly food budget here in Islington, including food banks, food co-ops and social lunch options. London Fire Brigade will be joining us to talk about home safety, reducing the risk of fire, and in-person visits.

#### Let's Talk Event:

**Thursday 21 May**  
**10.30am-1.45pm**

Islington Council (Community Space) 222 Upper Street, N1 1XR  
Worried about your memory or that someone close to you is becoming more forgetful? Get an insight into lifestyle changes to reduce the risk of dementia, symptoms and the benefits of getting an early diagnosis. We'll hear from U3a in Islington about groups to keep social & engaged.

#### Let's Talk Event:

**Thursday 18 June**  
**10.30am-1.45pm**

Islington Council (Community Space) 222 Upper Street, N1 1XR  
Discover what really matters for maintaining good balance and mobility. Hear from health experts on practical steps you can take to stay strong and steady. We'll also be hearing about what to consider when hiring help at home - such as cleaners - or care agencies and how to fund them.

**Booking essential! Call Age UK Islington Helpline on 020 7281 6018**

## Carers Only Events

Do you look after a partner, friend or family member who can't cope without your support? Islington Carers Hub provides emotional, financial and practical advice and guidance to unpaid carers aged 18 years and over.

See [www.islingtoncarershub.org](http://www.islingtoncarershub.org) for how to register and for full event listings.



ISLINGTON  
CARERS HUB

### Event highlights

#### Carer for Carer Meet Ups

**Tuesdays, 10.30am - 12pm**

14 April, 12 May, 9 June >  
Duke of Cambridge pub, N1 8JT  
28 April, 26 May, 23 June > St Luke's  
Community Centre, EC1V 8AJ

Join us for our monthly get-togethers - supportive spaces to catch up with other carers. Share the highs and lows of caring, ideas and solutions over a coffee. Guest speakers. Run by Islington carers!

#### Autism and Learning Disabilities Event

**Tues 21 April, 10.30am - 1.30pm**

Upper Holloway Baptist Church,  
11 Tollington Way, N7 6RG

During World Autism Awareness Month, learn about support for autism and learning disabilities from local organisations. The session will include talks, information stalls and lunch and refreshments.

#### Improving Support for Carers: Adult Carers Strategy Update

**Friday 12 June, 11am-2pm**

Brickworks Community Centre,  
42 Crouch Hill, N4 4BY

As part of Carers Week, join us to find out how the Islington Adults Carers' Strategy has progressed with the input of carers like yourself since its launch in June 2024. Enjoy a fun activity with Nuffield Health and lunch.

**Booking essential! Call Islington Carers Hub on 020 7281 3319 / [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org)**

# Stories & Screens



## Over 60s groups

Attend a themed session every month at these libraries:

### Central Library

**First Wednesday of the month, 11am-12pm**

2 Fieldway Crescent, N5 1PF

### West Library

**First Thursday of the month, 2-3.30pm**

Bridgeman Road, N1 1BD

No booking required! For more information, call Central Library at 020 7527 6900 or West Library at 020 7527 7920.

## Library Groups

**Ask about groups at your local library!**

Regular reading, knitting, chess, creative and gentle exercise groups take place every week.

## Free Gadget Support

If you need help using your android smartphone, tablet or your digital camera you can get 1-1 support at Central Library on Thursdays: call 020 7527 6966.

If you'd like assistance opening an email account or searching online, book a free 30 minute appointment with a member of staff in your local library.

## World Book Night

**Thursday 23 April**  
**All Islington libraries**

Celebrate World Book Night with Islington Libraries! Visit your local Islington library, say hello to the team, and receive a free book (above) and Reading Bingo card. Stay for a browse, borrow something new and let staff help you find your next favourite read!

# Free Spaces to Cool Down

**Too hot at home? Hot weather can be dangerous. Avoid the heat and drop into any of the spaces below.**

**Brickworks Community Centre**  
42 Crouch Hill, N4 4BY

**Mon-Fri: 8am-9pm**

**Hilldrop Community Centre - Hilldrop Crescent, N7 0JE**

**Tue: 10am-4pm (term time)**

**St George's Tufnell Park - Crayford Road, N7 0ND**

**Wed: 10.30am-2pm**

**St Mary's Hornsey Rise - Ashley Road, N19 3AD**

**Mon-Thu: 10am-3pm, Fri: 10am-5pm**

**Whittington Park Community Centre - 84 Yerbury Road, N19**

**Mon, Fri: 9.30am-5pm, Tue-Thu: 9.30am-12pm**

**Cat and Mouse Library**  
277 Camden Road, N7 0JN

**Tue, Thu: 9.30am-7pm, Wed: 9.30am-1pm, Sat: 11am-5pm**

**Chabad Lubavitch Islington**  
1-3 Elliot's Place, N1 8HX

**Mon-Thu: 11am-3pm**

**Elizabeth House**  
2 Hurlock Street, N5 1ED

**When joining free activities**

**Light Project Pro International**  
Watkinson Road, N7

**Mon-Fri: 9am-5pm**

**Mildmay Community Centre**  
Woodville Road, N16 9NA

**Mon: 9.30am-12.30pm, 3-7.30pm, Tue: 9.30am-5pm, Wed, Thu: 9.30am-3pm, Fri: 3-8pm**

**St Mary's Church - Upper Street, N1 2TX** **Mon-Sun: 9am-5pm**

**St Stephen's Church - St Stephens Hall, 17 Canonbury Road, N1 2DF**

**Mon, Tue, Thu, Fri: 12-6pm, Wed: 9am-6pm**

**St Luke's Community Centre**  
90 Central Street, EC1V 8AJ

**Mon-Fri: 9am-7pm**

**Vibast Community Centre**  
167 Old Street, EC1V 1JN

**Mon-Fri: 9.30am-4.30pm (except Aug)**

**Jean Stokes Community Centre - Carnoustie Drive, N1**

**Mon-Fri: 9am-5pm**

**St Andrews Church - Thornhill Square, N1 1BQ**

**Sat: 11am-1pm, Sun: 9am-12.30pm**

**Inspire Saint James Clerkenwell**  
Clerkenwell Close, EC1R 0EA

**Mon-Fri: 9.30am-5.30pm**



## Information & Advice

### Age UK Islington at a community venue near you

#### Worried about day-to-day issues?

Call the Age UK Islington helpline on 020 7281 6018 for information, guidance and to register with us. We can also arrange a future in-person appointment at the community venues below.

**Manor Gardens (Age UK Islington) - Monday-Friday, 9.30am-4pm**

**ARC Community Centre - Tuesdays fortnightly, 11am- 4.30pm**

**St Luke's Community Centre - Tuesdays fortnightly, 1.30-4.30pm**

**Brickworks Community Centre - Wednesdays fortnightly, 1-3pm**

**Elizabeth House Community Centre - Wed twice a month, 12-2pm**

**Mildmay Community Centre -Second Friday monthly, 11am-12.30pm**

**"I wanted to say thank you for the really useful information, kindness and empathy."**

**Money & debt**

**Coping at home**

**Housing issues**

**Mobility Issues**

**Getting out**

**Emotional support**

## Tech Break

### Online monthly group

Discover how to make the most of your smartphone, tablet or laptop with our friendly online tech group!

Hosted by knowledgeable volunteer Simon, there's a new topic every month and plenty of time to ask questions.

Contact Age UK Islington to register and request a Zoom link to join via your digital device.

#### Monthly, 12-1pm

**Friday 10 April - Easy photo editing using AI**

**Friday 1 May - How to use Google Docs**

**Friday 5 June - Backing up photos, videos and contacts in the cloud**

## Digital Support

Get help with your digital devices and build your confidence.

### Digital Courses

For information about Adult Community Learning digital courses call, text or WhatsApp 07734 777 466.

### 50+ Digital Drop-in

**Mildmay Community Centre, Mayville Estate, N16 8NA**  
Digital Drop-in for over 50's on Wednesdays 1-4pm.

### Tech, Tea & Biscuits

'Tech, tea and biscuits' are delivered by the organisation PPCP (term-time only, so not 30<sup>th</sup> of March to the 10<sup>th</sup> of April).

Drop-ins are possible, but best to call on 020 3928 9370 to book.

**Manor Gardens, (Age UK Islington) - Monday 1pm-3pm**

**Caxton House Community Centre - Monday 1pm-3pm**

**Hilldrop Community Centre - Tuesday 11am-1pm**

**Highbury Roundhouse - Tuesday 10am-12pm**

**Andover Community Centre - Tuesday - 12.30-4pm**

**Elizabeth House Community Centre - Wednesday 11am-2pm**

**Whittington Park Community Association - Wednesday 11am-1pm**

**Light Project Pro International - Thursday 10am-4pm**

