

WHAT MEMBERS SAY

- *"I like the people and Bowls"* Graham
- *"It helped me rebuild"* Shirley
- *"Like the people, activities"* Margaret



Tech Workshop for Over 55

Join us for a Tech, Tea and Biscuits
Every Tuesday 11:00 AM – 12:00 PM



Over 55 Yoga & Pilates

Every Mondays, Tuesdays 10:00 – 11:00 AM
& Fridays 11:15-12:15

HOW TO FIND US



Nearest Station: Highbury & Islington
or Drayton Park

Buses: 4, 19, 236, 30, 277, 43, 393, 271

71 Ronalds Road N5 1XB

E: over55@highbury-roundhouse.org.uk

T: 020 7359 5916

W: www.highbury-roundhouse.org.uk

Registered Charity No. 288370

December 2025



Monday - Friday

December 2025 - February 2026

**HIGHBURY
ROUNDHOUSE**
Putting the heart back into the community

**OLDER PEOPLE
SERVICES**

ACTIVITIES

MONDAY

10.00-11:00 Yoga (MH)

TUESDAY

10:00-11:00 Pilates (MH)

10:30-12:15 Sotheby Singers (YC)

11:00-12:00 Tech, Tea and Biscuits (IT)
(over 55's tech workshop)

11:15-12:15 Equipped for Life (Gee)
(MH)

11:00-12:30 Active Memory Group

1:30-2:30 Keep Fit (Gee) (MH)

WEDNESDAY

10:30-11:30 Keep Fit with Liz (DS)

1:30-2:45 Bingo (IT)

MH –Main Hall

C– Café

DS-Dance Studio

YC– Youth Club

IT–IT Suite

NR - Nursery Room

Please be aware that the allocated spaces might change as we work together and adapt the service



THURSDAY

10:30-11:30 Chair Based Pilates with Kate (DS)

1:45-3:15 Bingo (IT)

FRIDAY

10:00-11:00 Therapeutic Yoga With Marta (DS)

1:30-3:00pm Short Mat Bowls (MH)

LUNCHES

Served Tuesday to Friday at 12:30pm

We aim to cater for individual, cultural, and religious dietary needs.

EVENTS

- ♦ Christmas Dinner Party—17th December 2025
- ♦ Over 55 Community Outreach —10th February 2026
- ♦ Valentines Day 14th February 2026



Keep Fit Class Charges

£4 Equipped for life, Liz's, Pilates, Therapeutic yoga

£5 Keep fit with Gee

DIAL A RIDE

If you are eligible please join and use Dial-a-Ride: contact TFL 0343 222 7777 we would love to see you!

