



Buses: 1, P12, 381

Car park at rear of the building



LOTTERY FUNDED



Age UK Lewisham & Southwark

Healthy Living Centre

95 Southwark Park Road

London SE16 3TY

[www.ageuk.org.uk/lewishamandsouthwark](http://www.ageuk.org.uk/lewishamandsouthwark)



@AgeUKLS



# Yalding - Healthy Living Centre

Social activities for active older people



## Who we are?

The Yalding Healthy living Centre is open to everybody aged 50 and over. Our ethos is to make later life fun and fulfilling we do this by working on the following:

Socialising, rekindling old friendship, making new friends, prevent isolation, prevent Depression, Prevent falls, we will support you to maintain good health and wellbeing, by encouraging you to participate in activities, to build friendship, conversations, laughter, feeling good about yourself.

Available at the centre is Information and advice to address your concerns. And centres staff that will facilitate and aim to meet your needs, all these have its benefits for your wellbeing.

“Here at Yalding you will be inspired to enjoy later life”

If you would like more information, please contact the Centre on:

020 7237 0860

Healthy.living@ageuklands.org.uk

## Mondays

10.00 -11.00 am Line Dancing

10.30am-12pm Knitting  
(Beginners welcome)

10.30am-4 pm Computer access

11.15am-12.15pm Seated Exercise

1.30 - 2.30 pm Tai Chi Exercise\*

2-4pm Bingo\*

## Tuesday

11.30am-2.00pm Reflexologist\*

10.30am-12pm Board Games

10.00am– 3 pm Courses available

10.30 a.m. - 11.30 am Yoga

2.00 - 4.00 pm Film Afternoon

## Wednesday

10.00am– 3 pm Courses available

10.15 - 12.30 am Cooking Classes^

1.30pm-2.30 pm Zumba Gold \*

2.30 - 4.00 pm Dance Classes \*

## Thursday

10am-2pm Manicure and Massage\*

10.30am- 4.00 pm Computer Access

10.30am - 4.00 pm Hairdresser\*

11am - 12.00 pm Senior Aerobics  
(For the more active person)

2.30 - 4.00 pm Bingo/Raffle\*

## Friday

10.30-4 pm Computer Access

11.30 am - 12.30 pm Seated  
Exercise Class

2.30 - 4.00 pm Bingo\*

2.00 - 4.00 pm Computer Tutoring

\* Please note that these activities and services have a charge and may require an appointment.

\*\* If you require one to one support, please call to book an appointment

^ This session will be changing quarterly

## Monday to Friday Refreshments

10.00-11am  
Breakfast– Full English Breakfast including toast, tea, coffee, milk or fruit juice

12.30-1.30pm  
Lunch– Side salad, followed by main meal, desert and tea or coffee

Sandwiches and lighter options available

We are able to cater to special and faith-based dietary needs on request

**£5.00 daily rate includes lunch only**

