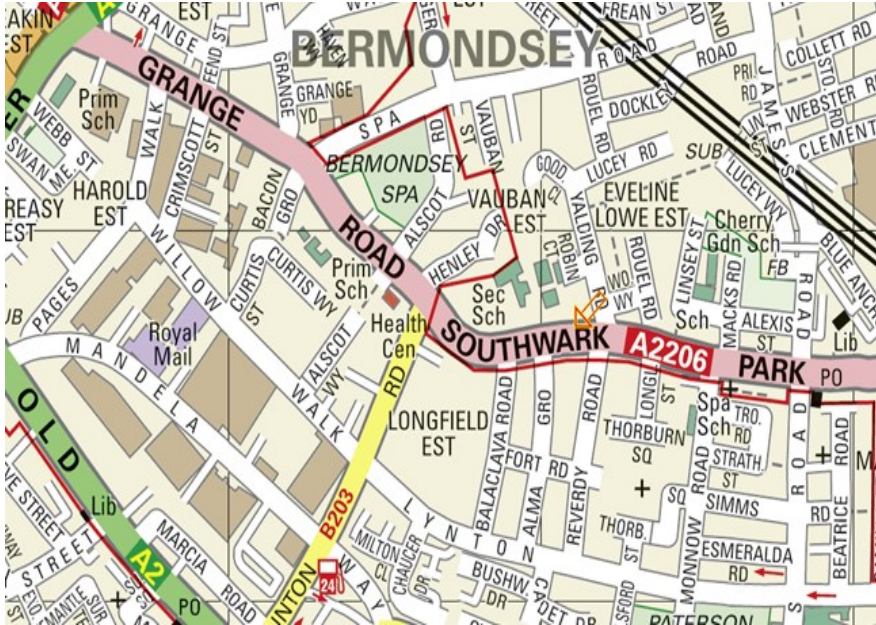


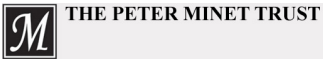
Healthy Living & Learning Centre

Social activities for the active Older person
“Here at Yalding you will be inspired to enjoy later life”



Buses: 1, P12, 381

Car park at rear of the building



Age UK Lewisham & Southwark
Healthy Living & Learning Centre
95 Southwark Park Road
London SE16 3TY

www.ageuk.org.uk/lewishamandsouthwark

 @AgeUKLS



Who we are?

The Healthy Living & Learning Centre is open to anybody aged 50 and over. Our ethos is to make later life fun and fulfilling, we do this by working on the following:

Engaging topical discussions, decrease your risk of falls and improve your physical wellbeing with exercise sessions, we will support you to maintain good health and wellbeing by way of nutritious and healthier meals encouraging you to participate in activities, to build friendship, conversations, laughter, discover hidden and forgotten skills and feel good about yourself.

We also have day trips, excursions to places of interest and visits from health professionals, we host events and parties. Our aim is to meet your needs, as all of these have its benefits for your overall improved wellbeing.

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 *

2-4pm Bingo*

Tuesday

11.30am-2.00pm Reflexologist*

10.30am-12.00 pm Craft Session*
Board Games

10.30 a.m. - 11.30 am Yoga

2.00 - 4.00 pm Film Afternoon

1.30 - 4.00 p.m. Men's Social

Wednesday

11.00 - 12.00 pm Strength & Balance
Class*

Accredited by the NHS

1.30 - 2.30 pm Zumba Gold *

2.00 - 4.00 pm UpCycle You
Women's Group

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 *

2.30 - 4.00 pm Bingo/Raffle*

Friday

9 - 10 am Dance & Fitness Class*

11.00 am - 12.00 pm Quiz

2.30 - 4.00 pm Bingo/Raffle*

* Please note that these activities and services have a charge

**These activities require an appointment.

***For further information, please contact the centre

Monday to Friday

Refreshments

10.00-11am
Breakfast - Including Full English,
cereal & toast

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

Sandwiches and lighter options
available

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

**£5.50 daily rate includes
lunch**

