

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





# **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"

#### **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
1-2pm	Tai Chi Exercise*
2-4pm	Bingo*
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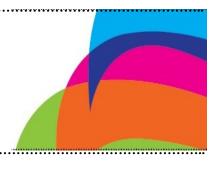
#### Tuesday

11.30am-2.00pm	Reflexologist
10.30am-12pm	Board Games
10.00am– 3 pm	Courses available
10.30 a.m 12.00 pm	Yoga
2.00 - 4.00 pm	Film Afternoon

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

020 7237 0860

Healthy.living@ageuklands.org.uk



#### Wednesday

10.00am- 3 pm	Courses available
9.15 - 10.15 am	Swimming^
1.30pm-2.30 pm	Zumba Gold *
2.00 - 4.00 pm	Darts and Pool *

#### **Thursday**

10am-2pm Manicure and Massage*		
10.30am- 4.00 pm Computer Access		
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*

\* 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 takes places at Darwin Court 1 Crail Row SE17 1AD

## 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