

Healthy Living & Learning Service



Our ethos is to make later life fun and fulfilling by building new friendships through shared activities, conversations and laughter as all of these have benefits for your overall improved wellbeing.

Discovering your hidden and forgotten skills and will have you feeling good about yourself.

Here at the Healthy Living and Learning Centre you will be inspired to enjoy later life”



Mondays

10.00 -11.00 am Line Dancing*
12.00 -16.00 pm Knitting
(Beginners welcome)
10.30 -4 pm Computer access
11.15 -12.15pm Seated Exercise*
1.30 - 2.30 pm Card Games
2.00 - 3.30 pm Bingo

Tuesday

11.30 - 2.00 pm Reflexologist*
10.30 - 12.00 pm Craft Session
Board Games
10.30 - 11.30 am Yoga
2.00 - 4.00 pm Film Afternoon
1.30 - 4.00 pm Computer Access

Wednesday

10.30 - 12.00 pm Arts & Crafts
11.00 - 12.00 pm Chair Football
1.30 - 2.30 pm Zumba Gold *
1.30 - 4.00 pm UpCycle You
Women's Group
1.30 - 3.00 pm Craft
3.30 - 7.00 pm Fula (Latin
American Future Group) ^

Thursday

10.00 -2 pm Manicure & Massage*
10.30- 4.00 pm Computer Access
10.30 - 4.00 pm Hairdresser**
11 - 12.00 pm Seated Pilates *
2.30 - 4.00 pm Bingo/Raffle*

Friday

11.00 - 12.00 pm Exercise*
11.00 - 5.00 pm Menders Club^
11.00 am - 12.00 pm Quiz
2.30 - 4.00 pm Bingo/Raffle*
1.30 - 4.00 pm Pool /Table Tennis
3.30 - 5.30 pm Fula (Latin
American Future Group) ^

Saturday

11.00—5.00 pm Menders Club^

* Please note that these activities and services have a charge
^ this activity takes place at our Stones End Location
^^ Please enquire as to the location of this group

020 7237 0860

Healthy.living@ageuklands.org.uk

