



Keep Active Keep Well



The Ageing Well and Walking for Health Project supported by Age **UK North Yorkshire**, provides a programme of exercise and physical activity for older people in the Harrogate District.

It offers a range of fun, sociable classes with qualified instructors and 'free walks' with trained volunteers.



JANUARY 2017

MONDAYS

Seated Exercise to Music

10 –11 am with Sally Davies

Dene Park Community Centre, Dene Park, **Harrogate**

Cost: £4 Refreshments included.

Seated Exercise to Music

11.30-12.30 pm with Sally Davies

The Adelphi, Cold Bath Road, **Harrogate**

Cost: £4 Refreshments included.

Zumba Gold Ripon

2.00 –3.00 pm with Marion Johnson

Allhallowgate Church Hall, **Ripon**

Cost: £4 Refreshments included.

TUESDAYS

**The Tuesday Club Montpellier Court, Cold Bath Road,
Harrogate**

10 – 11 am Seated exercise to Music with Carol Rowson

11-12noon Social activities raffle, crafts, quizzes and chat

Cost: £4 Refreshments included

Walking For Health in the Valley Gardens-Harrogate

Staying Steady Strollers

11:00 meet outside.

Cold Bath Road Post Office, Cold Bath Road, Harrogate.

Free & friendly short 30-40 min walks.

Contact Helen Steventon-07850 328510

THURSDAYS

Exercise by Moving in Circles-Circuits

Each Exercise can be adapted for the individual- Seated or Standing.

11–12 with Sandra Daltry

Jennyfields Styan Community Centre, Grantley Drive,

Harrogate

Cost: £4 Refreshments included.

Yoga

1.45 – 2.45 pm **Relax and Stretch** with Shirley Wood

Fairfax Community

Centre, Fairfax Avenue, **Harrogate**

Cost: £4 Refreshments included

Walking For Health - Knaresborough

Staying Steady Strollers

Meet 10.30am inside at The Bridge-Café at COGS-Centre, Gracious Street, (at the back of the bus station)

Free & friendly 30-40 min short walks.

Contact Helen Steventon for more information -07850 328510

If you haven't been very active before, or have any health conditions- Please, speak to your GP before increasing your activity levels significantly. A registration form is required prior to taking part.



For further information about any of the Ageing Well activity sessions or if you need information or advice please contact:

Age UK North Yorkshire

Community House,
46-50 East Parade, Harrogate, HG1 5RR

Tel: (01423) 502253

Or 07850 328 510

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

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CANCER SUPPORT**



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**walking
for health**

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