



## 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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**walking  
for health**

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