



Hackney over 50s joined in the Big Lunch, a national community event run by the Eden Project, in June

What's on for over 50s?

Activities and events are free, unless otherwise stated. Listings are correct at the time of going to press

Regular events

Hackney Brocals coach trips

A multi-generational men's project based on minibus and coach trips, plus home-based peer support for men who have recently been discharged from hospital. Phone for accessibility details. Cost of trips: approximately £10 – £15.
Connect Hackney project

**Based at Ment House,
1C Mentmore Terrace, E8 3DQ**

Phone City and Hackney Carers Centre on 020 8533 0951.
More info at www.brocals.org

Creative Crafts Group

Free weekly activities for Hackney over 50s who have a learning

disability. You can enjoy a range of creative workshops, learn new skills and make new friends. Limited accessibility. **Connect Hackney project**

**Coming soon on Tuesdays,
10.30am – 3.30pm** (phone to check start date)

**The Workshop, Geffrye Street,
E2 8JA**

Phone Peter Bedford Housing Association on 020 3815 4100

Plot 2 Plate

Free weekly activities for Hackney over 50s who have a learning disability. Learn about gardening, grow fresh products, cook and eat what we grow! Limited accessibility. **Connect Hackney project**

Coming soon on Wednesdays,

10.30am – 3.30pm (phone to check start date)

**Clissold Hub Gardens,
23A Clissold Road, N16 9EX**

Phone Peter Bedford Housing Association on 020 3815 4100

The Garden Social

Free social club in a garden for people aged over 50 who have a learning disability. Come along and experience bee-keeping, flower arranging and healthy cooking. Accessible venue.

Connect Hackney project

Coming soon on Tuesdays
(phone to check start date)

50 Pearson Street, E2 8EL

Phone St Mary's Secret Garden on 020 7739 2965

Friends of Woodberry Down coffee and activity morning

Coffee and activities for older people, with group exercise, dominoes, sing-a-long, summer seaside trips and refreshments. £1. Just pop in. Wheelchair access.

Every Tuesday and Friday (except the last Friday of the month), 10am – 2pm

Newnton Close sheltered accommodation, Woodberry Down Estate, N4 2RQ

Phone Amanda Inniss on 0787 634 5457 or email friendsofwoodberrydown@gmail.com

Friends of Woodberry Down meet and greet

Regular monthly get-together. £1. Just pop in and join the fun.

Last Friday of every month, 10am to 2pm

Woodberry Down Community Club, Woodberry Grove, N4 1SN

Phone Amanda Inniss on 07876 345457 or Tracey Boothe on 07852 328993

Health coach health walks

Low to moderate intensity walk through the delights of Victoria Park. Open to all ages from 18 upwards. Wheelchair accessible.

Thursdays, 2pm – 3pm

Departs from New Kingshold Community Centre, 49 Ainsworth Road, E9 7LP then walk to Victoria Park

Phone Teresa Buckland (health coach coordinator) on 07584 598086 or 020 7033 8587 or email teresa@shoreditchtrust.org.uk

Silver Linings: craft for a cause

Meet others regularly and lend a hand in Hackney. Crafts to repurpose items for the home and garden. Refresh your skills or learn new ones. We give everything we make to others.

Thursdays, 11am to 1pm

“The Loop”, at the garages opposite 16 Tolsford Road, Pembury Estate, E5 8HH

NB venues may change for craft activities. Check details and book a place: phone 020 8510 5403 or 07913 604364

IT classes

Over 50s Silver Surfers group. People who wish to learn to use computers, laptops, tablets or mobiles are taught on a one to one basis. Free, including tea and biscuits. Wheelchair accessible

Every other Monday, 11am – 1pm

Trowbridge Senior Citizens Club, 15 Lavington Close, E9 5HF

Contact Alison 07958 060947 or Gordon 07544 592666

Not-So-Still Life: nostalgia drawing

Bringing together older and younger people through shared creativity. Sociable sketching of nostalgic objects, a cuppa and a chat. Cost: £3 for age 65+, £6.50 for younger people. All materials, tea and coffee are provided.

Sunday 7 October, 11am – 1pm

Core Clapton, 161 Northwold Road, E5 8RL

Contact: Jenny Urwin on 0300 561 0161 or email jenny.urwin@gmail.com

Made in Hackney

Cooking and food-related community classes. Cost: by donation. Please book your place. No wheelchair access.

3 Cazenove Road, N16 6PA

Phone 020 8442 4266 or email info@madeinhackney.org. More info at www.madeinhackney.org

Wednesday 5 September, 6pm – 8.30pm

Learn how to make chutneys, jams and pickles

Sunday 9 September, 12.30pm – 3pm

Healthy desserts

Wednesday 19 September, 5.30pm – 7.30pm

Foraging walk – find wild food

Sunday 23 September, 12.30pm – 3pm

Healthy Polish food

Wednesday 3 October, 6pm – 8.30pm

Lunches: there's more to lunch than sandwiches

Sunday 7 October, 12.30pm – 3pm

Healthy takeaway

Wednesday 10 October, 6pm – 8.30pm

Bread-making

Wednesday 17 October, 6pm – 8.30pm

One-pot wonders

Sunday 21 October, 12.30pm – 3pm

Healthy Ethiopian food

Free walk-in hearing aid clinics

Run by Action on Hearing Loss.

Locations in Hackney including EC1, E5, E9, N1 and N16

Phone Sharon James on 07442 538944 or email heartohelp.cityandhackney@hearingloss.org.uk for details

Intergenerational coffee morning with tai chi

Coffee morning with tai chi and other activities to bring together people of different ages. Pop in for a free coffee.

Thursdays, 10am – 12.30pm
(with tai chi at 11am)

161 Northwold Road, Upper Clapton, E5 8RL

To book for tai chi, call 0300 561 0161. Cost: "pay what you feel".

Compassionate Neighbours coffee morning

Drop in for coffee, tea, biscuits and conversation. Our volunteers provide practical and emotional support for people living with a long-term or terminal illness.

Thursdays, 10am – 11.30am

St Joseph's Hospice Community Hub, Mare Street, E8 4SA
(wheelchair accessible)

Phone Joy on 020 8525 3206

IT and computer drop-in

Wednesdays, 10am – 12.30pm

Having problems with your phone or computer? Come along to our drop-in IT help sessions for tea, coffee and a chat.

Whitmore Centre, 2 Phillipp Street, N1 5NU

Phone Sallie at City and Hackney

Carers' Centre on 020 8510 1966

Join BuddyHub

BuddyHub matches over 55s with buddies in your local area with shared interests. Together you decide what to do. Join our club!

Membership fee: £7 a week, paid monthly, or £2 a week if on means-tested benefits.

Phone 0203 642 6871 or email hello@buddyhub.co.uk

Hoxton Health exercise classes

Fun, social exercise classes, run on a drop-in basis.

There is a £2 per session charge for classes, unless otherwise stated. All venues are accessible. For details phone Hoxton Health 020 7739 2533

Chair-based exercise

Gentle but challenging exercise class to music.

Wednesdays 10am – 11am

Arden Estate Community Hall, Regan Way, N1 6PH

Free of charge

Thursdays 11.30am – 12.30pm

Regents Estate Pensioners' Hall, Brougham Road, E8 4PD

Slow line dancing

Great for improving balance and general fitness and very sociable.

Wednesdays 10am – 11am

Britannia Leisure Centre, 40 Hyfe Rd, N1 5JU

Wednesdays 1pm – 2pm

Regents Estate Pensioners' Hall, Brougham Road, E8 4PD

Tai chi

Tai chi is a gentle form of exercise. You can join in standing up or seated if you prefer. **NB no classes in August.**

Tuesdays 2pm–3pm

John Scott Health Centre, 220 Green Lanes, N4 2NU

Fridays 11.30am - 12.30pm

Regents Estate Pensioners' Hall, Brougham Road, E8 4PD

New Age Games

Free fitness and leisure activities for over 50s. No classes on bank holidays. There will be a summer break from 23 July to 2 September. Contact Darren on 020 8356 4897 or email darren.english@hackney.gov.uk

Mondays

Brazilian dance 11am – 12 noon

Britannia Leisure Centre, 40 Hyde Road, N1 5JU

Yoga 12 noon – 1pm

Britannia Leisure Centre

Chair-based activity 11.30am – 12.30pm

Frampton Park Baptist Church, Frampton Park Road, E9 7PQ

Archery 2.15pm – 3.45pm

Queensbridge Sports and Community Centre, 30 Holly Street, E8 3XW

(no session 27 November)

Tuesdays

Yoga 9am – 10am

Britannia Leisure Centre

Badminton 10.30am – 12 noon

Britannia Leisure Centre

Fit to tone 12.30pm – 1.15pm

Britannia Leisure Centre

Table tennis 2pm – 3.30pm

New Kingshold Community Centre

Wednesdays

Tennis 10.30am – 12 noon

Clissold Park tennis courts,
Stoke Newington Church Street,
N16 9HJ

(until 29 November)

Swimming for beginners

12 noon – 1pm

Britannia Leisure Centre

Soca aerobics

10.45am – 11.45am

King's Hall Leisure Centre,
39 Lower Clapton Road, E5 0NU

Thursdays

Aerobic and tone 9.45am –
10.45am

King's Hall Leisure Centre

Pilates 12 noon – 1pm

Britannia Leisure Centre

Indoor tennis 10.30am – 12 noon

Lee Valley Tennis Centre,
Leadmill Lane, E20 3AD

Chair-based activity

2.15pm – 3.15pm

Salvation Army,
70 Mare Street, E8 4RT

Move-ability 3.30pm – 4.30pm

Clissold Leisure Centre,
63 Clissold Road, N16 9EX

For people with mobility issues

Fridays

Water aerobics 9.45am – 10.30am

Clissold Leisure Centre,

63 Clissold Road, N16 9EX

Tennis 10.30am – 12 noon

Hackney Downs tennis courts,
Downs Park Road, E5 8NP

Cycling and learn to cycle

11.00am – 12.30pm (not on the
road, bike provided)

Leaside Trust, border of
Springfield Park, Spring Lane,
off Big Hill, E5 9HQ

Yoga 1pm – 2pm

King's Hall Leisure Centre

Saturdays

Gym 9.30am – 10.30am

King's Hall Leisure Centre

The Sharp End

There is a membership charge
of £20 a term or £65 for a year in
advance. Contact the Sharp End to
try out a couple of classes for free.

All classes are at Queensbridge
Leisure Centre, 30 Holly Street,
E8 3XW unless otherwise stated

Phone 020 7923 0350

Mondays

Yoga rise 'n' shine 9.30am – 11am

Art 11am – 1pm

Chi Kung 12 noon – 1pm

Singing group 1pm – 2.30pm

Line dancing 1.30pm – 2.30pm

Tuesdays

Keep fit 10am – 11am

Social tea and chat
10am – 12 noon

Movement and stretching
11am – 12 noon

Latin dance 12.15pm – 1.15pm

Crochet and knit 1.30pm –
3.30pm

Gentle movement (chair-based)
2.30pm – 3.30pm

Yoga (challenging) 4pm – 5pm

Wednesdays

Zumba gold 9.45am – 10.45am

Hatha yoga 10am – 11.15am

Hatha yoga 11.20am – 12.35pm
(You can only attend one of these
yoga sessions, not both)

Social tea and chat
12am – 3pm

Exercise for frail men
12.45am – 1.45pm



Photo: wannaBEEFarmer Jeff / flickr.com

Women only fitness 2pm – 3pm

Movement exploration

3.15pm – 4.15pm

Thursdays

Pilates 9.45am – 10.45am

Art (painting and drawing)

10am – 12 noon

Carnival fit 11am – 12 noon

Balance and back care 12.20pm
– 1.30pm

Men's circuit exercise

2pm – 3.15pm

Gentle exercise and socialising

2pm – 3.30pm

Yoga afternoon 3.45pm – 5pm

Fridays

Exercise to music 10am – 11am
(Contact the Sharp End to check
venue)

Tai Chi 11.45am – 12.45pm

Better 50+ programme at King's Hall Leisure Centre

Cost £1.85 a day for as many
sessions as you like. You will need a
“pay and play” membership costing
£1.25 a year to take part. Contact
the leisure centre for details.

**King's Hall Leisure Centre, 39
Lower Clapton Rd, E5 0NU**

Phone 020 8985 2158 or email
KingsHall@gll.org

Mondays

Chair-based exercise

12.15pm – 1.15pm

Short mat bowls

12.30pm – 2.30pm

Pilates 1.30pm – 2.30pm

Gym (coached) 1pm – 2pm

Gym 9am – 5pm

Swim 12 noon – 1.30pm and
3.30pm – 5pm

Tuesdays

Short mat bowls

10am – 12 noon

Gym 9am – 5pm

Swim 9am – 1.30pm and
3.30pm – 5pm

Wednesdays

Dementia-friendly swimming
(FREE session) 12 noon – 12.45pm

Swimming lessons (please
check details with leisure centre)
2.30pm – 3.30pm

Gym 9am – 5pm

Swim 12 noon – 1.30pm and
3.30pm – 5pm

Thursdays

Badminton 11am – 1pm

Aerobics 11.30am – 12.15pm

Swimming lessons
11.30am – 12.30pm

Get ready for Older People's Day and Silver Sunday in October

Two events celebrating older people will take place in October, each focusing on different ways that older people make a positive impact on society. The UN International Day of Older Persons is on 1 October and this year the theme is celebrating older human rights champions.

Inspiring

Stories of older people standing up for equality and justice are inspiring and also challenge the view of older people as passive and vulnerable.

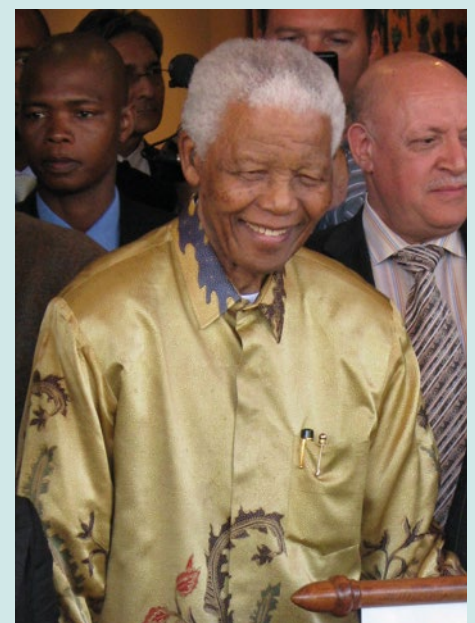
Silver Sunday, a UK celebration of older people, is on 7 October.

It aims to encourage age-friendly communities.

Different localities across the country will host fun and free activities for older people to socialise and have fun.

Members of the Connect Hackney older people's committee are planning what we can do in Hackney to mark these two special days this year. We are considering writing articles, making films and taking part in other events in the borough.

■ If you would like to be kept up to date with news about these two dates or would like to be involved, please contact Kim-Lien Ong on **020 7923 1962**.



Nelson Mandela fought for human rights in South Africa

Refreshments 12 noon – 1pm

Gym (coached) 1pm – 2pm

Gym 9am – 5pm

Swim 9am – 1.30pm, 3.30pm – 5pm

Fridays

Spa (women only)
12.00 noon – 4pm

Table tennis (coached)
2pm – 4pm

Racquet sport 2pm – 4pm

Gym 9am – 5pm

Swim 12 noon –
1.30pm and 3.30pm – 5pm

Better 50+ programme at Britannia Leisure Centre

Cost £1.85 a day for as many sessions as you like – see listing for Better 50+ at King's Hall.

Britannia Leisure Centre, 40 Hyde Rd, N1 5JU. Accessible parking and ramp access

Phone 020 7729 4485 or email Britannia@gll.org for details

Mondays

Spa day (women only)
12pm – 4pm

Badminton (coached) 2pm – 3pm

Gym 9am – 5pm

Swim 12pm – 1.30pm and
3.30pm – 5pm

Tuesdays

Gym 9am – 5pm

Swim 12pm – 1.30pm and
3.30pm – 5pm

Thursdays

Sauna 12pm to 4pm

Aerobics 1pm to 2pm

Water workout 2pm to 3pm

Gym 9am to 5pm

Swim 9am to 12pm

Complementing your health day

Free massage sessions, gentle exercise classes, wellbeing talks.

Twice a month on Thursdays 24 May, 14 June, 28 June

12.30pm – 2.30pm

Core Clapton, 161 Northwold Road, London, E5 8RL

Hoxton Health treatments

A range of health and wellbeing treatments. Please get in touch with Hoxton Health for details of the different treatments or to book your session.

All sessions are at Hoxton Health, St Leonard's Hospital, Nuttall Street, N1 5LZ unless otherwise stated. Fully accessible

Phone 020 7739 2533 or email reception@hoxtonhealth.org for details of all treatments.

Foot Clinic

Toenail cutting and foot health – a 20-minute treatment for £10.

Alternate Monday mornings

Hoxton Health, St Leonard's Hospital

First Thursday of the month

St Mary's community hall,
Kent Street, E2 8PH

Acupuncture

Costs on a sliding scale by age – for example, a 30-minute treatment is £17 for over 70s.

Wednesday mornings and all day Fridays

Osteopathy

Costs on a sliding scale by age – for example, a 30-minute

treatment is £17 for over 70s.

Tuesday mornings and Thursday afternoons

Reflexology

Costs on a sliding scale by age – for example, a 45-minute treatment is £24 for over 70s.

Alternate Thursday mornings

Aromatherapy massage

Costs on a sliding scale by age – for example, a 45-minute treatment is £24 for over 70s.

Tuesdays, Wednesday afternoons and Thursday afternoons

Herbal medicine

Costs on a sliding scale by age – for example, a 30 minute treatment is £17.00 for over 70's

Tuesday and Wednesday afternoons

Homeopathy

Costs on a sliding scale by age – for example a 30-minute treatment is £17 for over 70s

Alternate Thursday afternoons

Shiatsu Massage

Costs on a sliding scale by age – for example a 45 minute treatment is £24 for over 70s.

Alternate Mondays

Nutritional therapy

Costs on a sliding scale by age – for example a 30-minute treatment is £17.00 for over 70s.

Alternate Thursday afternoons

Cranialsacro therapy

Costs on a sliding scale by age – for example, a 45-minute treatment is £24 for over 70s

Alternate Monday mornings

Lunch clubs

A number of community groups run lunch clubs, where you can meet people, eat together and enjoy other activities. You will be asked to pay a small charge for the meal. Please phone to check days, times and details.

Lunch Up

**Redmond Community Centre,
Kayani Avenue, Woodberry
Down N4 2HF**

Tuesdays, 12 noon – 2pm

Phone Lydia on 07804 693461

Email lunchup347@gmail.com

Nightingale Lunch Club

**19 Olympus Way, Nightingale
Estate, E5 8ND**

Lunch is served five days a week,
Monday to Friday at 12pm

Phone Alice Burke on
020 8985 1309

Holly Street Lunch Club

331 Queensbridge Road, E8 3LA

Monday, Wednesday and Friday

Phone 020 7923 1282

Hackney Caribbean Elderly Organisation

**39 Leswin Road, Stoke
Newington, N16 7NX**

Tuesday, Wednesday and Friday

Phone Hazel McKenzie on
020 7923 3536

Chatsworth Road Lunch Club

**Clapton Park Methodist Church,
99 Chatsworth Road, E5 0LH**

Lunch club run by and for local
African Caribbean people

Thursdays, 11.30am – 3.30pm

Email Velma Bramble at
Chatslunchclub@yahoo.co.uk



Vietnam, Laos, Cambodia (VLC) Centre

151 Whiston Road, E2 8BN

Tuesday and Thursday

Phone Pierre on 020 7739 3650

North London Muslim Community Centre (NLMCC)

66-68 Cazenove Road, N16 6AA

Men: Wednesday 6.30pm,
women: Sundays 5pm

Phone Hashim Rawaf on
020 8806 1147 extension 6

Hackney Chinese Community Services

28-32 Ellingfort Road, E8 3PA

Monday, Tuesday, Friday

Phone Tom Cheung on
020 8533 5066 or 020 8986 6171

Halkevi Turkish and Kurdish Community Centre

31-33 Dalston Lane, E8 3DF

Tuesday

Phone Yashar Ismailoglu on
020 7249 6980

Beis Chana

19 Northfield Road, N16 5RL

Charedi Jewish lunch club

Tuesday afternoons

Phone Chana on 020 8800 9467

Hackney Cypriot Association

5 Balls Pond Road, N1 4AX

Open three days a week

Phone Andreas Michaelides on
020 7254 7920

African Pensioners' Club

**c/o HCEO, 39 Leswin Road,
Stoke Newington N16 7NX**

Alternate Monday afternoons

Phone 020 7923 3536

An Viet Foundation

12-14 Englefield Road, N1 4LS

Vietnamese community lunch club.
Mondays, Tuesdays and Thursdays

Phone 020 7275 7780

Salvation Army Cambridge Heath

70 Mare Street, E8 4RT

Tuesday, Wednesday, Thursday

Phone Derrick Thompson on
020 8985 4410

Salvation Army Hoxton

66 New North Road, N1 6TG

Open Monday to Friday

Phone Sally Spry 020 7739 3313