



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

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, London N4 2RQ

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

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 to
Victoria Park**

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

Elder Friends Network

Make new pen friends, find a buddy to go dancing with, come to monthly socials. For over 60s. Organised by the Retired Caribbean Nurses Association.

62 Beechwood Road, E8 3BY

Phone 020 8520 9401 or email info@retiredcaribbeannurses.org.uk

Ride Side By Side

A sociable way to travel – on a special double bike, with a rider to get you to places in Hackney. You can cycle all or a bit of the journey or sit back and enjoy the ride.

**Every Tuesday in spring and
summer**

Book one time slot: 9.15am – 11am, 11.15am – 1.15pm, 1.45pm – 3.45pm or 4pm – 6pm

Phone 020 7232 4384 to book.

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.

Mondays 11am – 12 noon

(Free trial class from 14 May – will continue if numbers are sufficient)

Fellows Court Community Centre, 86 Weymouth Terrace, London E2 8LR

Wednesdays 10am – 11am

(Free trial class from 23 May to 27 June – will continue if numbers are sufficient)

Britannia Leisure Centre, 40 Hyde 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.

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

Activities for Hackney over 50s.
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 10am – 11am

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

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

Sport and physical activities.

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.
Accessible parking and ramp

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

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

Sport and physical activities. There is a small charge – see listing for Better 50+ at King's Hall for details.

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 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

Hackney Dementia Festival, 21-25 May

For full festival listings, phone
Sandra on 020 8533 0091 or
email sandra.cater@alzheimers.org.uk. or go to hackney.gov.uk/dementia-festival

Monday 21 May

A dance down memory lane

1-4pm, with a beginner's class
1-2pm, free, Shoreditch Town
Hall, 380 Old St, EC1V 9LT. Call 020
7739 6176 or drop in

Information and board games

10am-4pm, free, Hackney Central
Library, 1 Reading Lane, E8 1GQ

Dementia-friendly screening: An American in Paris

10.30am free refreshments,
11am film screening. £4, free for
accompanying carers Hackney
Picturehouse, Mare Street, E8 1HE

Dementia friends

11am-12 noon, free, St Joseph's
Hospice, Mare Street E8 4SA

Find out how to become a
"dementia friend"

Tuesday 22 May

Garden Art

11am-1pm, free, St Mary's Secret
Garden, 50 Pearson Street, E2 8EL.
Call 020 7739 2965 to book

Wednesday 23 May

Swimming for the Memory

12 noon-1pm, free

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

Healthy, Happy Walk

2pm, free, starting at City and
Hackney Alzheimer's Society

Offices, Unit 1 Ground Floor, 30
Felstead Street E9 5LG

Classic matinee: Grease

A sing-a-long screening of the
film classic. 2.30pm. £2 for the
over 60s, carers go free. Free
refreshments. Rio Cinema, 107
Kingsland High Street, E8 2PB.
Phone 020 7241 9410

Thursday 24 May

Alzheimer's Society - Singing for the Brain

2-4pm, free, London Aquatics
Centre, Queen Elizabeth Olympic
Park, E20 2ZQ

Friday 25 May

Health walk

11am, free, starting at London
Aquatic Centre, Queen Elizabeth
Olympic Park, E20 2ZQ

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 to cover the cost of the meal. Some lunch clubs run for five days a week, others on particular days only. Please phone to check 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, "but
everyone is welcome here."



Hackney Cypriot Association

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's club on Wednesday
6.30pm, women's club on
Sundays 5pm

Phone Hashim Rawaf on
020 8806 1147 extension 6

Asian Elderly Club

**The Factory Community
Project, 107-109 Matthias
Road, N16 8NP**

Saturdays 11am – 2pm

Phone Abu Siddique on
020 7241 1520

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
0208 9854410

Salvation Army Hoxton

66 New North Road, N1 6TG

Open Monday to Friday

Phone Sally Spry 0207 739 3313