

Monday	Activity	Time	Venue	Cost and information
WEEKLY	<b>Nifty Fifties</b> An invigorating aerobic session with 60,70, 80's music. With a seated exercise session with stretching and toning exercises to end the session. Great for coordination, balance, flexibility.	10.00-10.50	North Enfield Conservative Club, 278 Baker Street, Enfield EN1 3LD	First class free, £5 thereafter Suitable for all abilities No need to book in advance
WEEKLY	<b>Senior Circuits</b> – A fun 45 min class to music, that focuses on using your own body resistance with some equipment. Includes intervals of cardio to boost your heart. Benefits – strengthens muscles, improves balance, coordination and overall fitness	11.00-12.00	St Aldhelm's Church Hall, Windmill Rd N18 1PA	First class free, £5 thereafter Refreshments included Suitable for all abilities No need to book in advance
WEEKLY	<b>Line Dancing</b> – Join us for two sessions of 45 min exercise to movement. Dancing is great for your brain health, as well as physical health. Learn new dance routines, low impact and great for improving balance and coordination.	13.00-15.00	Southbury Leisure Centre 192 Southbury Road, EN1 1YT	First class free, £5 thereafter Refreshments included Suitable for all abilities No need to book in advance
1 <sup>st</sup> Monday of month	<b>Tea and Chatter (ICAN)</b> A monthly space to meet new friends and learn new topics. Every month we have a different guest speak, with a specialist topic or taster session of activities.	10.00-12.00	Community Room Upstairs Edmonton Green Library, N9 0TN	FREE Suitable for all – Dementia Friendly No need to book in advance.
WEEKLY	<b>Fall Stop Session</b> A 45 min session that focuses on improving strength, coordination, balance and reducing your risk of falls. The sessions include use of resistance bands and equipment.	12.30-13.15	Enfield Highway Community Centre, 117 Hertford Road, EN3 5JF	<b>BOOKING ESSENTIAL</b> You can attend Free for 12 weeks and then the classes are £3.00 thereafter.

WEEKLY	<b>Fall Stop Session</b> (as above)	13.30- 14.15	Enfield Highway Community Centre,117 Hertford Road, EN3 5JF	<b>BOOKING ESSENTIAL</b> Free for 12 weeks
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				£3.00 there after
3 <sup>rd</sup> Monday of month	<b>Walk &amp; Talk (ICAN)</b> A gentle walk and talk for all abilities, but especially those new or returning to walking. We appreciate the green space and nature along the way, with rests for those that need it.	13.30- 14.30	Meeting place:  Durant's Park EN3 7ED	FREE with refreshments after. No need to book Suitable for all – dementia friendly. Email: <a href="mailto:Christine.shaw@ageukenfield.org.uk">Christine.shaw@ageukenfield.org.uk</a>
Monthly- last Monday of the month	<b>Memory Meet Up (ICAN)</b> Join us for this fun monthly activity group suitable for all. Every month we try new activities which include crafts, singing, quizzes and movement. We have guest speakers and instructors.	10.30-12.00	Edmonton Methodist Church 300 Fore Street, Edmonton N9 0PN	FREE with refreshments. No need to book Suitable for all – dementia friendly Email: <a href="mailto:ican@enfield.org">ican@enfield.org</a>

<b>Tuesday</b>	<b>Activity</b>	<b>Time</b>	<b>Address</b>	<b>Cost &amp; Information</b>
WEEKLY	<b>Fit Steps</b> Using dance techniques from Strictly Come Dancing, Fit Steps is a dance-based class which is fun and great for your brain health too. Learn new dance routines, low impact and great for improving balance and coordination. You don't need a partner for this session.	10.00-10.50	Southgate Methodist Church, 47 The Bourne, Southgate, N14 6RS	First class free, £5 thereafter Suitable for all abilities No need to book in advance
WEEKLY	<b>Party Dances</b> A fun 45-minute dance-based exercise class to all your favourite floor fillers. Dance is a great way to improve your coordination, heart health, balance and resistance.	11.00-11.45	Southgate Methodist Church, N14 6RS	First class free, £5 thereafter Suitable for all abilities No need to book in advance

WEEKLY	<b>Stroke Café (ICAN)</b> If you have been affected by a stroke, it's so important to meet others who understand. Our sessions led by ATTEND, have information, advice support and incorporate exercise and movement into the sessions.	13.00- 15.00	Palmers Green United Reformed Church, N13 4AL	FREE with refreshments Suitable for anyone affected by stroke Email:
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1 <sup>st</sup> Tuesday of month	<b>Diabetes Support Group (ICAN)</b> If you have been diagnosed with diabetes or prediabetes it's important to learn and understand all you can to support your lifestyle changes through diet, exercise and support.	13.30-15.00	Community House, N9 0PZ	FREE with suitable refreshments Suitable for all Email Call 0208 375 4120
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2 <sup>nd</sup> Tuesday of month	<b>Tea and Chatter (ICAN)</b> A monthly space to meet new friends and learn new topics. Every month we have a different guest speak, with a specialist topic or taster session of activities.	10.00-12.00	Ordnance Unity Library, Upstairs Community Room EN3 6ND	FREE with refreshments. No need to book Suitable for all – dementia friendly
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Weekly Every Tuesday	<b>Men's Sheds</b> A men's social group that enables you to learn new skills, experiment with woodwork and a space to talk. We work with wood materials to upcycle and create new items.	10.30- 13.30	John Jackson Library, 35 Agricola Place, EN1 1DW	FREE Do call before you attend – 0208 375 4120 Refreshments included Suitable for all This is an outdoor activity so dress to suit the weather.
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Weekly Every Tuesday	<b>Fall Stop Session</b> A 45 min session that focuses on improving strength, coordination, balance and reducing your risk of falls. The sessions include use of resistance bands and equipment	12.30- 13.15	St Peters Church Hall N21 1DN	<b>BOOKING ESSENTIAL</b> After being accepted on to the programme, you will attend Free for 12 weeks and then the classes are £3.00 thereafter.
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Weekly Every Tuesday	<b>Fall Stop Session</b> (as above)	13.30- 14.15	St Peters Church Hall N21 1DN	<b>BOOKING ESSENTIAL</b> After being accepted on to the programme, you will attend Free for 12 weeks and then the classes are £3.00 thereafter.
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Weekly Every Tuesday	<b>Fall Stop Session</b> (as above)	14.30-15.15	St Peters Church Hall N21 1DN	<b>BOOKING ESSENTIAL</b> After being accepted on to the programme, you will attend Free for 12 weeks and then the classes are £3.00 thereafter.
Monthly 2 <sup>nd</sup> Tuesday of the month	<b>Menopause Meet Up</b> A social support session for anyone experiencing peri menopause or menopause, held monthly Every session has guest speakers and taster sessions.	6.30pm – 8.00pm	Beaumont Southgate Care Home, Canon Hill, N14 7DJ	<b>FREE Booking essential</b> Email
<b>Wednesday</b>	<b>Activity</b>	<b>Time</b>	<b>Address</b>	<b>Cost and information</b>


WEEKLY Wednesday	<b>Nifty Fifties</b> An invigorating aerobic session with 60,70, 80's music. With a seated exercise session with stretching and toning exercises to end the session. Great for coordination, balance, flexibility.	10.00-10.50	St Aldhelm's Church Hall, Edmonton, N18 1PA	First class free, £5 thereafter Suitable for all abilities No need to book in advance
WEEKLY Wednesday	<b>Get Walking Get Talking</b> Broomfield Park is town park, with paths to follow and more even terrain. This session is suitable for all, and we all meet after at the Palmers Greenery Café for refreshments.	10.45-11.45	Broomfield Park Café Palmers Greenery Community Café, Alderman's Hill, N13 4PL	£2 vol donations Refreshments are available at park café at discounted rates
WEEKLY Wednesday	<b>Seated Class</b> A fun 45 min session that focuses on improving strength, coordination, balance and reducing your risk of falls. The sessions include use of resistance bands and dumbbells.	11.00-11.45	St Aldhelm's Church Hall, N18 1PA	First class free, £4 thereafter Suitable for all abilities No need to book in advance

WEEKLY Wednesday	<b>Nifty Fifties Aerobics</b> A dance-based session that develops your coordination, balance and bone density by learning exercises set to music.	14.00-14.50	Enfield Baptist Church, Cecil Road, EN2 6TG	First class free, £5 thereafter Suitable for all abilities No need to book in advance
WEEKLY Wednesday	<b>Get Walking Get Talking – All abilities, split groups.</b> Led by walk leaders, there are different walk groups at different paces to suit all abilities. These are generally more challenging than park walks as have mixed terrains. Set in beautiful settings of Whitewebbs and Forty Hall estate.	14.30-15.30	Whitewebbs Park Café, Beggars Hollow, Enfield EN2 9JN	£2 vol donations Refreshments are available to purchase from café at discounted rates

Wednesday				
1 <sup>st</sup> and 3 <sup>rd</sup> of month	<b>Memory Meet Up</b> Join us at MMU and enjoy a range of activities suitable for anyone diagnosed with dementia. Every session has a different topic and theme. Guest speakers, instructors and safe and inclusive for all.	10.30-12.00	St Stephen's Church Hall, Village Road, EN2 2EU	£2.50 per person Refreshments included Suitable for people diagnosed with dementia accompanied by a family member/friend/carer.
2 <sup>nd</sup> Wednesday of Month	<b>Social Singalong</b> Singing is great for your health and wellbeing. In our fun monthly session, we incorporate movement, music and laughter. Learn new songs, remember your favourites, all music genres.	10.30-11.30	St Stephen's Church Hall, Village Rd, EN2 2EU	£2.50 per person Refreshments included Suitable for all Dementia friendly
Thursdays	Activity	Time	Address	Cost and Information
WEEKLY	<b>Fall Stop Session - Seated ZUMBA</b> 45 min dance-based activity. Zumba is great for coordination, balance and strength. It's a way to reducing your risk of falls whilst having fun.	10.45-11.30am	Community House Fore Street, N9	<b>BOOKING ESSENTIAL</b> After being accepted on to the programme, you will attend Free for 12 weeks and then the classes are £3.00 thereafter.

1 <sup>st</sup> Thursday of month	<b>Tea and Chatter (ICAN)</b> A monthly space to meet new friends and learn new topics. Every month we have a different guest speak, with a specialist topic or taster session of activities.	10.00-12.00	Enfield Town Library, Upstairs in Community Room EN2 6AX	FREE with refreshments. No need to book Suitable for all – dementia friendly
WEEKLY	<b>Gentle Activities</b> Great for beginners, or people returning to exercise. Seated exercises that use a resistance band, that improves strength and tones the whole body.	12.15-13.15	Southgate Methodist Church, N14 6RS	First class free, £5 thereafter with refreshments Suitable for all abilities No need to book in advance
WEEKLY	<b>Move, Stretch &amp; Tone</b> A workout split into three 15 min sessions of stretching, resistance bands and exercises that promote strength and toning.	13.20- 14.05	Southgate Methodist Church, N14 6RS	First class free, £5 thereafter with refreshments Suitable for all abilities No need to book in advance

WEEKLY	<b>Line Dancing</b> Dancing is great for your brain health, as well as physical health. Learn new dance routines, low impact and great for improving balance and coordination.	13.30-14.30	St Aldhelm's Church Hall, N18 1PA	First class free, £5 thereafter with refreshments Suitable for all abilities No need to book in advance
WEEKLY	<b>Pilates</b> Is a 60 min mat-based exercise, that improves core strength, posture and flexibility. Pilates is often recommended to aid back pain and can help with rehabilitation. Pilates also helps with muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks (the 'core muscles' of your body)	15.00-16.00	St Aldhelm's Church Hall, N18 1PA	First class free, £5 thereafter Suitable for all abilities No need to book in advance

WEEKLY	<b>Men's Shed's</b> A men's social group that enables you to learn new skills, experiment with woodwork and a space to talk. We work with wood materials to upcycle and create new items	10.30-13.30	John Jackson Library 35 Agricola Place, EN1 1DW	FREE Do call before you attend – 0208 375 4120 Refreshments included Suitable for all This is an outdoor activity so dress to suit the weather.
1 <sup>st</sup> Thursday of month Monthly <b>Dates until Christmas</b>	<b>The Padwicks' Afternoon Tea &amp; Show</b> Join the Padwicks' for a trip down memory lane, with a quick-witted afternoon of entertainment featuring music, comedy and history. Every session has a theme.	Doors open 13.30. Show 14.00	St Peters Church Hall N21 1DN	£5 on the door includes refreshments Call 0208 375 4120
<b>Fridays</b>	<b>Activity</b>	<b>Time</b>	<b>Address</b>	<b>Cost and Information</b>
WEEKLY 	<b>Zumba Gold</b> An energetic 45-minute dance-based exercise class Zumba puts a smile on your face. Great for your joints, coordination, heart health and balance. Counts towards your 150 mins of moderate exercise a week (*WHO Guidelines)	10.00-10.45	St Aldhelm's Church Hall, N18 1PA	First class free, £5 thereafter Includes refreshments
WEEKLY	<b>Get Walking Get Talking (FAST)</b> Led by walk leaders, this is a more challenging walk across all terrains in the beautiful settings at Trent Park.	10.20-11.20	Trent Park, Meeting point: Trent Park Café Cockfosters Rd EN4 OPS	£2 Voluntary donations Refreshments are available to purchase from park cafes at discounted rates
WEEKLY	<b>Get Walking Get Talking (LEISURE STROLLERS)</b> Led by walk leaders, this is a slower pace walk in the beautiful settings at Trent Park. The distance is shorter, pace slower and less challenges.	10.20-11.20	Trent Park, Trent Park Café Cockfosters Rd EN4 OPS	£2 Voluntary donations Refreshments are available to purchase from park cafes at discounted rates

WEEKLY	<b>Get Walking Get Talking (MEDIUM)</b> Led by walk leaders, this is a medium walk pace, across all terrains in the beautiful settings at Trent Park.	10.30-11.30	Trent Park, Trent Park Café Cockfosters Rd EN4 0PS	£2 Voluntary donations Refreshments are available to purchase from park cafes at discounted rates
WEEKLY	<b>Get Walking Get Talking – All abilities</b> Pymmes Park is town park, with paths to follow and more even terrain. This session is suitable for all, and we all meet after at the visitor's centre for refreshments.	14.00-15.00	Pymmes Park, Visitors Centre, Victoria Rd, N18	£2 voluntary donations with refreshments
Monthly 2 <sup>nd</sup> Friday of month	<b>Art Journalling – Memory Keeping</b> Journalling is a great way to keep your brain healthy. Join us for a relaxed creative drop in, materials are supplied.	11.00- 13.00	Southgate Library High Street, N14 6BP	FREE – Materials included Suitable for all
Monthly Quiz  1 <sup>st</sup> Friday of every month	Exercise your mind! Join us for a monthly online quiz during autumn and winter, all topics and great fun!	14.00- 15.00	<a href="https://us02web.zoom.us/j/6561277877">https://us02web.zoom.us/j/6561277877</a>	Free for all If you need a hand getting online contact us 0208 375 4120