

GET ACTIVE
Fitness for the over 55's

August 2010

Age Concern Barnet runs and helps organise a range of exercise classes for all abilities throughout the London Borough of Barnet. There really is something for everyone. You do not need to book for any of the activities; please just turn up on the day and give the class a go.

This information sheet is updated monthly, so watch this space for details of new classes in your area.

N.B. If no price is listed please call the instructor for details prior to attending.

Barnet

**Chipping Barnet Library – The Hyde Room, 3 Stapylton Road, Barnet
EN5 4QT**

Contact: Richard on 020 8455 5463 or www.longrivertaichi.co.uk for more details and the cost of these classes. Classes are open to those aged over 55.

Mondays	2:00pm – 3:30pm	Tai Chi – Advanced
Wednesdays	1:30pm – 3:00pm	Tai Chi – Beginners
Fridays	12:00pm – 1.30pm	Tai Chi – Advanced
	2:00pm – 3.30pm	Tai Chi – Intermediate

The Bull Theatre – 68 High Street, Barnet EN5 5SJ

Contact: Jane Judd on 020 8441 5010 for more details.
Classes are open to those aged over 55. The charge for this class is **£1.50**.

Thursdays	4:30pm – 5:30pm	Movement/creative dance
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Colindale

Colindale Community Club – The Hyde Church, Varley Parade, Edgware Road NW9 6RR

Contact: Aurora Broomfield on 020 8205 5159 for more details.
Classes are for those over the age of 55. The charge for this class is **£2.50**.

Tuesdays 10:15am – 11:15am Tai Chi*

**No classes in August*

St Matthias Church – Rushgrove Avenue, Colindale NW9 6QY

Contact: Lisa or Dawn on 020 8432 1417 or 1418 for more details.
Classes are open to those aged over 55. The charge for this class is **£1.50**.

Thursdays 4:00pm – 5:00pm Exercise to music*

**No class 26 August*

Cricklewood

Claremont Road Community Centre – Sandifer Drive, Claremont Road NW2 1TA

Contact: Bob on 020 8346 6825 for more details and for the cost of this class.
Classes are for those over the age of 55.

Thursdays 3:30pm – 4:30pm Tai Chi*

**Closed 22 July to 26 August inclusive*

East Barnet

Goodwin Court – Church Hill Road EN4 8TG

Contact: Lisa or Dawn on 020 8432 1417 or 1418 for more details.
Classes are open to those aged over 55. The charge for this class is **£1.50**
and **£2.00** for non-residents.

Thursdays 11:00am – 12:00pm Seated exercise to music*

**No class 26 August*

East Finchley

Ann Owens Centre – Oak Lane, East Finchley N2 8LT

Contact: Lisa or Dawn on 020 8432 1417 or 1418 for more details.
Classes at the Ann Owens Centre are open to all, unless stated below.
The charge for these classes is **£2.00** for non-members of the day centre.

Mondays	1:45pm – 2:45pm	Seated exercise to music
Tuesdays	11:00am – 12:00pm	Movement to music
Wednesdays	11:00am – 12:00pm	Tai Chi for people recovering from falls (referrals only)*
Wednesdays	2:00pm – 3:00pm	Low impact exercise for the more active**

**Closed 21 July to 1 September inclusive*

***Closed 7 July to 1 September inclusive*

Homefield Gardens Community Hall – Homefield Gardens, Stanley Road (off East End Road) N2

Contact: Amanda Peters on 020 8346 9464.
Classes are open to those aged over 55.
The charge for these classes is **£1.50**.

Thursdays	1:45pm – 2:45pm	Exercise to music*
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**Classes start 2 September*

Prospect Place – East End Road, East Finchley N2

Contact: Janet Conway on 07950 683 575 for more details.
Classes are open to those aged over 55. The charge for this class is **£1.50**.

Tuesdays	2:45pm – 3:45pm	Chair based exercise to music
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Edgware

Edgware Reform Synagogue – 118 Stonegrove, Edgware HA8 8AB

Contact: Edgware Reform Synagogue on 020 8238 1000 for more details.
Classes are open to those aged over 55. The charge for this class is **£2.00**.

Thursdays	10:30am – 11:30am	Dance*
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**Class is currently closed and resumes on 7 October*

**Elderly Day Hospital – Parkinsons Unit, Edgware Community Hospital,
Burnt Oak Broadway, Edgware HA8 0AD**

Contact: Deborah on 020 8432 1420 for more details and for the cost of these classes. Classes are open only to those with Parkinsons and their families/carers.

Tuesdays 2:30pm – 3:30pm Tai Chi

Wednesdays 2:30pm – 4:00pm Tai Chi

Grahame Park

**Barnet Independent Living Service – The Concourse, Grahame Park
Estate, Colindale NW9 5UL**

Contact: Christine on 020 8359 3750 for more details.
Classes are open to those aged over 55 and are suitable for people with physical impairments. The charge for this class is **£1.50**.

Fridays 2:00pm – 3:00pm Seated yoga

**Grahame Park Community Centre – The Concourse, Grahame Park
Estate, Colindale NW9 5UL**

Contact: Lisa or Dawn on 020 8432 1417 or 1418 for more details.
Classes are open to those aged over 55. The charge for this class is **£1.50**.

Tuesdays 3:00pm – 4:00pm Line dancing

Hendon

Meritage Centre – Church End, Hendon NW4 4JT

Contact: Lisa or Dawn on 020 8432 1417 or 1418 for more details.
Classes at the Meritage Centre are open to all, unless stated below.
There is a charge of **£2.00** for non-members of the day centre.

Mondays 11:00am – 12:00pm Tai Chi**

Tuesdays 10:30am – 11:30am Seated movement to music

Wednesdays 10:30am – 11:30am Tai Chi

7:00pm – 8:00pm Exercise to music – women only*

**Closed 18 August to 8 September inclusive*

Thursdays 11:00am – 12:00pm Tai Chi**

Fridays 3.30pm – 5.30pm Dancing (for the more energetic)

***Both classes closed 16 July to 27 August inclusive*

Multicultural Centre – Algernon Road, Hendon NW4

Contact: Sangita on 020 8202 4414 for more details.
The charge for this class is **£1.50**.

Thursdays 11:00am – 12:00pm Tai Chi

Mill Hill

Eversfield Centre – Eversfield Gardens, Mill Hill NW7 2AE

Contact: Lisa or Dawn on 020 8432 1417 or 1418 for more details.
Classes are open to those aged over 55. The charge for this class is **£1.50**.

Tuesdays 10:00am – 11:00am Dance*

A mix of dance styles, i.e. Charleston, Disco, Bollywood and musicals.

**Closed 3 to 31 August inclusive*

Tuesdays 11:30am – 12:30am Tai Chi**

***Starting in September*

Thursdays 2:00pm – 3:00pm Exercise to music***

****Every other week, starting 16 September (so, 16 and 30 September etc)*

Wilberforce Centre – St Paul's Church, The Ridgeway, Mill Hill NW7

Contact: St Paul's Church Parish Office on 020 8906 3793 for more details.
Classes are suitable for all abilities and open to those aged over 55.
The charge for this class is **£1.50**.

Fridays 10:15am – 11:15am Exercise to music

North Finchley

Trinity Church – 15 Nether Street, North Finchley N12

Contact: Bob on 020 8346 6825 for more details and the cost of these
classes. Classes are suitable for all abilities and open to those aged over 55.

Thursdays 10:30am – 11:30am Tai Chi*

Fridays 10:30am – 11:30am Tai Chi*

**Both classes closed 22 July to 27 August inclusive*

West Hendon

West Hendon Community Centre – Marsh Drive, West Hendon, NW9 7DW

Contact: Lisa or Dawn on 020 8432 1417 or 1418 for more details.
Classes are suitable for all abilities and open to those aged over 55.
The charge for this class is **£1.50**.

Thursdays 7:30pm – 8:30pm Tai Chi*

**Closed August and reopens 9 September*

Whetstone

Manor Drive Methodist Church – Manor Drive, Whetstone, N20

Classes are suitable for all abilities and open to those aged over 55.

Contact: Nila on 020 8361 0617 for more details.

Mondays 11:00am – 12:00pm Extend

Contact: Nila on 020 8361 0617 or Kathryn on 07967 385 104 for more details. The charge for this class is **£1.50**.

Thursdays 11:00am – 12:00pm Yoga

St Johns Church Hall – Friern Barnet Lane, N20

Contact: Lisa or Dawn on 020 8432 1417 or 1418 for more details.
Classes are suitable for all abilities and open to those aged over 55.
The charge for this class is **£1.50**.

Fridays 1:30pm – 2:30pm Exercise class*

**Closing 10 September*

Walking for Health

Age Concern Barnet run 13 instructor-led walks that take place throughout many of the borough's loveliest green spaces. Why not come along.

Walking is sociable, as well as one of your body's most natural forms of exercise. It's safe, simple, doesn't require practice, and there are many health benefits.

Walks last an hour and range in difficulty, with grade 1 being the easiest and grade 5 being the hardest. All walks are taken by qualified instructors and include some additional exercises to challenge your physical fitness and develop strength and conditioning.

Anyone over the age of 18 can join a walk. There is no need to book as participants can just turn up on the day. Walks cost:-

- £2.50 if you pay each time
- £20.00 paid in advance for 10 walks
- £17.00 paid in advance for 10 walks for the over 60's (proof of eligibility is required)

Times and Locations

Day	Start	Finish	Location	Difficulty
Monday	9:30am	10:30am	Woodside Park/Totteridge	1 – 2
Monday	10:30am	11:30am	Oakhill Park	2 – 3
Tuesday	9:30am	10:30am	Hampstead Heath	2 – 3
Tuesday	10:00am	11:00am	Watling Park	1 – 2
Wednesday	9:30am	10:30am	Friary Park	2 – 3
Wednesday	10:00am	11:00am	Oakhill Park	2 – 3
Thursday	9:30am	10:30am	Edgwarebury Park	2 – 3
Thursday	9:30am	10:30am	Hampstead Heath	2 – 3
Thursday	2:00pm	3:00pm	Welsh Harp	1 – 2
Thursday	6:30pm	7:30pm	Copthall Stadium	4 – 5
Saturday	9:30am	10:30am	Woodside Park/ Finchley Central	3 – 4
Sunday	9:00am	10:00am	Orange Tree, Totteridge Village	3 – 5
Sunday	10:30am	11:30am	Hampstead Heath	3 – 5

Nintendo Wii

Age Concern Barnet has a Nintendo Wii to loan for FREE to organisations and community groups serving older people in the borough. The Wii comes with a variety of games including bowling, golf, tennis, hockey, table tennis, baseball, fishing and billiards.

Groups wishing to borrow the Wii should contact Dawn Mead-Morris on 020 8432 1418 or at dawn-finchley.acb@btconnect.com.

Tennis

Want to play tennis this summer? Join the Hendon Park Tennis League. This league is designed to offer an easy structure to play competitive matches at a time that suits you. Matches can be played at Hendon Park or on any of Barnet's tennis facilities.

It is a mixed singles league divided into groups of about 6 players of a similar standard. Everyone in their group plays everyone else on the Hendon Park or alternative Barnet public courts or anywhere else that suits both parties.

Matches are the best of three tie-break sets. It is up to everyone to arrange their own matches. You get one point for every set you win. At the end of the round the top one or two players go up to the next group, and the bottom one or two go down.

You get a free can of balls and two bonus points if you complete three matches by the half way point. Winners of each group win £20 and receive a certificate. Entry fee for the Hendon Tennis League is £10.

To find out more go to www.localtennisleagues.com/hendonpark or email hendonparktennisleague@googlemail.com.

Barnet & District Athletics Club

Barnet & District Athletics Club has an active age range from 7 to 70 years old. There is a very active Veterans Section. The club were the 1992 World Vets over 50, 10km team champions, and the 1993 National Vets over 60, 10 mile team champions. The Senior Men compete in the Southern League (track & field) and the Women in the London Inter Club Challenge. Senior members may also compete in the summer Mid-week Road Race League. During the winter months cross country and road racing opportunities abound.

Annual Membership is £50.00 for active members and £30.00 for over 65's.

For more information of the club email barnet.districtac@virgin.net or phone either 01992 535 772 or 07931 881 766 and ask for Maureen Shirley. Alternatively refer to www.barnetathletics.org.

Barnet Table Tennis Centre

Barnet Table Tennis Centre hold social table tennis sessions for people aged over 55.

Social table tennis sessions for senior citizens cost £2:00 per person and are held on:-

Tuesdays	10:00am to 12:00pm
Wednesdays	2:00pm to 4:00pm
Thursdays	10:00am to 12:00pm
Fridays	10:00am to 12:00pm

All levels of player go to the centre, from beginners to advanced. There is no shortage of people to play against, so bringing a partner is not necessary.

For more information contact Barnet Table Tennis Centre, Barnet Lane, Barnet, Herts, EN5 2DN on 020 8449 7845 or visit www.bttc.co.uk.

Your Local Leisure Centre

Club Wellness operates in Barnet's leisure centres, run by Greenwich Leisure. The scheme offers specific sessions, activities and classes such as aerobics and water workouts to Barnet residents over the age of 55.

Club Wellness works in two ways:-

- Pay and play membership – pay a £2.00 annual membership fee (Barnet residents only, more if you live outside the borough) and then pay a discounted rate for activities each time you use the centres.
- Prepaid membership – pay a £22.10 monthly fee or an annual fee of £221.00 by direct debit and take advantage of the extra benefits available.

Prepaid member perks include:-

- inclusive access to swimming during off peak time
- inclusive access to a range of social activities
- inclusive access to fitness centre during off peak time
- inclusive access to group exercise classes during off peak time
- inclusive personalised fitness induction

Contact Greenwich Leisure on 020 8317 5000 for information on participating leisure centres or look at their website www.gll.org.

Exercise for active 50+s (supported by Age Concern Haringey)

Gentle but invigorating exercise with specialist 50+ trainer, Jeff Hurrell, recommended by many GPs. Good for both physical and psychological wellbeing.

Sessions held at the YMCA Hornsey, 184 Tottenham Lane, Crouch End, N8 8SG on Tuesdays, 2:00pm to 3:00pm. Charge is £2.50 per class, with no other costs.

Everyone is welcome! Classes are suitable for both men and women. A high level of fitness is not necessary but enthusiasm is essential!

For further details ring Ann on 020 8340 8335 or Lesley on 07967 089 708.

Free Swimming for the over 60's

As part of the free swimming programme run by Greenwich Leisure, several London boroughs, including Barnet are providing swimming for free during public times.

If you have a Freedom Pass this will allow you access to free swimming in participating pools. To gain entry just show your Freedom Pass at reception to swim for free during any Public Swimming session. If you do not have a Freedom Pass the proof of age may be required.

Those participating in this programme are:-

Barnet Copthall Leisure Centre

Champions Way, Hendon, NW4 1PX

Tel No: 020 8457 9900

Church Farm Swimming Pool

Church Hill Road, East Barnet, Herts, EN4 8XE

Tel No: 020 8368 7070

Finchley Lido Leisure Centre

Unit 4, Great North Leisure Park, Chaplin Square, N12 0GL

Tel No: 020 8343 9830

For further information on the designated times, please contact the relative centre, who can also provide the terms and conditions of free swimming on request. Alternatively, refer to www.gll.org/freeswimming.