



Young at Heart Programme

Supporting International Older Persons Day

We are delighted we are able to be back providing face to face activities across the Borough.
All activities are free unless otherwise indicated

Monday

Time	Session	Venue
10am to 12noon	Line Dancing	Valence Community Hub
10am to 11.30am	Yoga and Relaxation**	Abbey Leisure Centre
12.30pm to 1.30pm	Chair Exercise	Sue Bramley Community Hub
1pm to 2pm	FitSteps	Valence Community Hub
12.30pm to 3pm	Bingo*	Barking Learning Centre
2.30pm to 3.30pm	Tai Chi	Valence Community Hub

Tuesday

Time	Session	Venue
10am to 11am	Streets Apart Walk	Meeting point: Park Centre Gate
10.30am to 11.30am	Coffee Morning (online)	Contact June.Yates@lbbd.gov.uk
12.15pm to 1.30pm	Line Dancing	Wantz Community Centre
12noon to 3.45pm	Darts & Snooker	Wantz Community Centre
1.30pm to 3.30pm	Arts & Crafts	Barking Learning Centre
2.15pm to 3.45pm	Yoga	Fanshawe Community Centre
2pm to 3.45pm	Tea Dance	Wantz Community Centre
1.30pm to 3.30pm	Darts	Barking Learning Centre



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Wednesday

Time	Session	Venue
10am to 11.30am	Yoga and Relaxation	Hedgecock Community Centre
11am to 12.15pm	Yoga and Meditation (Seated)	Valence Community Hub
12.30pm to 1.45pm	Yoga and Meditation (Mat based)	Valence Community Hub
11.30am to 12.30pm	Walking Football**	Becontree Heath Leisure Centre
1.50pm to 2.50pm	Zumba Gold	Valence Community Hub
10am to 11am	FitSteps	Park Centre
11.30am to 12.15pm	Chair Exercise	Park Centre
12.30pm to 3pm	Bingo*	Park Centre
12.30pm to 3.30pm	Hoy	Barking Learning Centre

Thursday

Time	Session	Venue
10am to 11.15am	Yoga & Meditation	M&B Sports Club
10am to 12noon	Short Mat Bowls	Ripple Centre
11.30am to 12.30pm	Self Defence	Valence Community Hub
12noon to 3pm	Digital Support (Digital Champion)	Valence Community Hub



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11.30am to 12.30pm	Supple Strength	M&B Sports Club
9.45am to 11am	Darts	Park Centre
10am to 12noon	Knit & Natter (Tutor lead)	Park Centre
11am to 12noon	Tai Chi	Park Centre
12.30pm to 3pm	Bingo*	Park Centre
12.30pm to 3pm	Bingo*	Barking Learning Centre
1.45pm to 3.45pm	Crafts (£1 to cover Tea & Coffee)	Valence Community Hub
3pm to 4pm	Zumba Gold	Park Centre
7.30pm to 8.30pm	Zumba	Ripple Centre

Friday

Time	Session	Venue
10.30am to 12noon	Line Dancing	Chadwell Heath CC
10.45am to 11.45am	Boccia	Chadwell Heath CC
12.45pm to 3pm	Bingo*	Chadwell Heath CC
1pm to 3pm	Knit & Natter	Chadwell Heath CC
12.30pm to 1.30pm	Zumba Gold	Chadwell Heath CC
1.30pm to 2.30pm	Ballroom Dancing **	Abbey Leisure Centre
7pm to 8pm	Music Quiz (online)	Contact June.Yates@lbbd.gov.uk



Young at Heart Programme

Venue Detail

Abbey Leisure Centre

Bobby Moore Way, Barking IG11 7LX

Barking Learning Centre

2 Town Square, Barking IG11 7NB

Becontree Heath Leisure Centre,

Althorne Way, Dagenham RM10 7AY

Chadwell Heath Community Centre

High Road, Chadwell Heath Romford RM6 6AS

Fanshawe Community Centre

Barnmead Road, Dagenham RM9 5DX

Hedgecock Community Centre

28 Stephen Jewers Gardens, Barking IG11 9FA

Bastable Avenue, Barking IG110LH

M&B Sports Club

Dagenham Road, Dagenham RM7 0QX

Ripple Centre

Ripple Road, Barking IG11 7PB

Valence Community Hub

Becontree Avenue, Dagenham RM8 3HT

Park Centre

Rectory Road, Dagenham RM10 9SA

Wantz Community Hall

Rainham Road, Dagenham RM10 7NL

Sue Bramley Community Hub

Bastable Avenue, Barking IG110LH

For more information or queries about any of the above please contact June Yates on 020 4513 7136 or email june.yates@lbbd.gov.uk

* There is a charge to Bingo sessions for the books and other games

** Residents using Abbey and Becontree Heath Leisure Centres needs a Young at Heart / Ageing Well Membership which costs £52 per year. Contact the Leisure Centres for more information - 020 3889 6238 for Becontree Heath or 020 3948 4960 for Abbey

