



# Young at Heart Programme

Welcome to the Young at Heart programme. Sessions are targeted for those over 60+ although all ages are welcome. All activities are free unless otherwise indicated. Starts dates included below.

For more information or queries about any of the programme please contact June Yates on 020 4513 7136 or email [june.yates@lbbd.gov.uk](mailto:june.yates@lbbd.gov.uk)

## Monday

Time	Session	Venue
10am to 12noon	Line Dancing	Valence Community Hub
10am to 11.30am	Yoga and Relaxation**	Abbey Leisure Centre
12.15pm to 1.45pm	Chair Based Yoga and Meditation	Park Centre
12.30pm to 1.30pm	Chair Exercise	Thames Community Hub
12.30pm to 3pm	Games Sessions	Park Centre
1pm to 2pm	FitSteps	Valence Community Hub
2.30pm to 4pm	Line Dancing / Barn Dancing (31/07)	Park Centre
12.30pm to 3pm	Bingo*	Barking Learning Centre
2.30pm to 3.30pm	Tai Chi	Valence Community Hub

## Tuesday

Time	Session	Venue
10.30am to 11.30am	Coffee Morning (online)	Contact <a href="mailto:June.Yates@lbbd.gov.uk">June.Yates@lbbd.gov.uk</a>
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

## Wednesday

Time	Session	Venue
10am to 11am	FitSteps	Park Centre
10am to 11.30am	Yoga and Relaxation	Hedgecock Community Centre
11am to 12.15pm	Yoga and Meditation (Seated)	Valence Community Hub
11.30am to 12.30pm	Walking Football**	Becontree Heath Leisure Centre
11.30am to 12.15pm	Chair Exercise	Park Centre
12.30pm to 1.45pm	Yoga and Meditation (Mat based)	Valence Community Hub
12.30pm to 3pm	Bingo*	Park Centre
12.30pm to 3.30pm	Hoy	Barking Learning Centre
2.30pm to 3.45pm	Knit & Natter Beginners Class	Park Centre
1.50pm to 2.50pm	Zumba Gold	Valence Community Hub



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\* 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.

## Thursday

Time	Session	Venue
9.30am to 10.15am	Zumba Gold	M&B Sports Club
10.15am to 11.30am	Yoga & Meditation	M&B Sports Club
10am to 12noon	Short Mat Bowls	Ripple Centre
10am to 12noon	Knit & Natter (Tutor led & Online)	Park Centre
11am to 12noon	Tai Chi	Park Centre
11.30am to 12.30pm	Self Defence / First Aid	Valence Community Hub
12.30pm to 1.15pm	Chair Exercise	Valence Community Hub
11.45am to 12.45pm	Supple Strength	M&B Sports Club
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
10.30am to 11.15am	Chair Exercise (21/07)	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) last Friday of Month from August	<b>Contact</b> <a href="mailto:June.Yates@lbbd.gov.uk">June.Yates@lbbd.gov.uk</a>

## Venue Details

### 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

### 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

### Thames Community Hub

Bastable Avenue, Barking IG11 0LH

### Wantz Community Hall

Rainham Road, Dagenham RM10 7NL

Information correct as of 5 July 2023