Young at Heart Programme

Welcome to the Young at Heart programme. Sessions are targeted for those over 60+.

For more information or queries about any of the programme please contact healthy.lifestyles@lbbd.gov.uk

Monday

Time	Session	Venue
10am to 12noon	Line Dancing	Valence Community Hub
12.15pm to 1.45pm	Chair Based Yoga and Meditation	Park Centre
12.30pm to 3pm	Games Sessions	M&B Sports Club
1pm to 2pm	Fit Steps	Valence Community Hub
2.30pm to 4pm	Line Dancing / Barn Dancing	Park Centre
12.30pm to 3pm	Bingo*	Barking Learning Centre

Tuesday

Time	Session	Venue
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
1.30pm to 3.30pm	Darts	Barking Learning Centre
2pm to 3.45pm	Tea Dance	Wantz Community Centre

Wednesday

Time	Session	Venue
10am to 11am	Fit Steps	Park 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 12.30	Walking Football **	Becontree Leisure Centre
12.30pm to 3pm	Bingo*	Park Centre
12.30 to 3pm	Darts	Park Centre
12.30pm to 3.30pm	Hoy	Barking Learning Centre
1.50pm to 2.50pm	Zumba Gold	Valence Community Hub

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
11am to 12noon	Tai Chi	Park Centre
12.30pm to 1.15pm	Chair Exercise	Valence Community Hub
12.30pm to 3pm	Bingo*	Park Centre

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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

Friday

Time	Session	Venue
10.30am to 12noon	Line Dancing	Chadwell Heath CC
10.30am to 11.15am	Chair Exercise	Chadwell Heath CC
12.45pm to 3pm	Bingo*	Chadwell Heath CC
12.30pm to 1.30pm	Zumba Gold	Chadwell Heath CC
1.30pm to 2.30pm	Line Dancing	Abbey Leisure Centre

* 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 £57 per year

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
M&B Sports Club
Dagenham Road, Rush Green 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