Young at Heart Programme

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

Our basic membership includes access to all activities highlighted in orange

The Premium membership includes access to all activities

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

Monday

Time	Session	Venue	Membership
11am to 12noon	Mat Based Yoga	Park Centre	Premium
10.15am to 12.15pm	Line Dancing	Valence Community Hub	Premium
12.30pm to 1.30pm	Chair Based Yoga and Meditation	Park Centre	Premium
12.30pm to 1.30pm	Zumba Gold	Valence Community Hub	Premium
2.30pm to 4pm	Line Dancing / Barn Dancing	Park Centre	Premium
12.30pm to 3pm	Bingo*	Barking Learning Centre	Basic

Tuesday

Time	Session	Venue	Membership
12.15pm to 1.30pm	Line Dancing	Wantz Community Centre	Premium
12noon to 3.45pm	Darts & Snooker	Wantz Community Centre	Basic
12.30pm to 3pm	Bingo*	Park Centre	Basic
1.30pm to 3.30pm	Arts & Crafts	Barking Learning Centre	Basic
1.30pm to 3.30pm	Darts	Barking Learning Centre	Basic
2pm to 3.45pm	Tea Dance	Wantz Community Centre	Premium

Wednesday

Time	Session	Venue	Membership
10am to 11am	Yoga and Meditation (Mat Based)	Valence Community Hub	Premium
11.15am to 12.15pm	Yoga and Meditation (Seated)	Valence Community Hub	Premium
12.30pm to 3pm	Bingo*	Park Centre	Basic
12.30pm to 3.30pm	Hoy	Barking Learning Centre	Basic
12.30pm to 1.30pm	Zumba Gold	Valence Community Hub	Premium

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

Correct as of 12 March 2026

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Thursday

Time	Session	Venue	Membership
10.15am to 11am	Zumba Gold	Valence Community Hub	Premium
10am to 12noon	Short Mat Bowls	Ripple Centre	Basic
10am to 11am	Zumba Gold	Park Centre	Premium
10.00am to 12noon	Knit and Natter	Park Centre	Basic
11am to 12noon	Tai Chi	Park Centre	Premium
12.30pm to 1.15pm	Chair Exercise	Valence Community Hub	Premium
12.30pm to 3pm	Bingo*	Park Centre	Basic
12.30pm to 3pm	Bingo*	Barking Learning Centre	Basic

Friday

Time	Session	Venue	Membership
10.00am to 12noon	Card Games Club	Chadwell Heath CC	Basic
10.15am to 11.45am	Line Dancing	Chadwell Heath CC	Basic
11.00am to 11.45am	Chair Exercise	Chadwell Heath CC	Premium
12noon to 12.45pm	Zumba Gold	Chadwell Heath CC	Premium
12.30pm to 2.30pm	Bingo*	Chadwell Heath CC	Basic

Venue Details

Barking Learning Centre 2 Town Square, Barking IG11 7NB

Chadwell Heath Community Centre High Road, Chadwell Heath Romford RM6 6AS

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

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