

## Public Classes & Events [info@healthygenerations.org.uk](mailto:info@healthygenerations.org.uk)

Contact: Peter Crockett, 0798 114 2376

**Tuesday** **The Old Fire Station – First Tuesday of each month, 1.00pm-2.00pm**  
**SING-A-LONG & DANCE at the Old Fire Station – Free** with refreshments for over-60s..  
Together with the Old Fire Station, 84 Mayton Street, N7 6QT.

**Wednesday** **West Library – Last Tuesday of each month, 2.00pm-4.00pm**  
**TEA DANCE at West Library – Free** with tea and cake and **Vera the Diva** teaching Latin and Ballroom dancing. With Islington Libraries, at West Library, Bridgeman Road, N1 1BD.

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**Drover's Centre – Every Tuesday, 1.30pm-2.30pm**

**KEEP-FIT - Every Tuesday Drover's Centre – £2.00.** Together with Age UK for over-60s, held at the Drovers Centre, North Road, N7 9EY.

**North Library – Every Tuesday, 1.30pm-2.30pm**

**KEEP-FIT at North Library – Free.** Keep Fit class for over 50s. Together with Islington Libraries. North Library, Manor Gardens N7 6JX.

**Wednesday** **Manor Garden's Centre – Every Wednesday, 10.30am-11.30am**

**MEDITATION exercise group at Manor Gardens – £5.00.** Organised by Healthy Generations, held at 6-9 Manor Gardens, N7 6LA. **Please ring 0207 607 6444 if you are coming.**

**Thursday** **Islington Pensioner's Forum – Every Wednesday, 4.00pm-5.00pm**

**COMPUTER CLASS, Islington Pensioner's Forum – Free.** Help sorting problems for laptops, smartphones and tablets. Lots of information how to protect from scams on phones and computers. Together with Islington Pensioner's Forum, 1A Providence Court, Providence Place, London N1 0RN.

**Thursday** **North Library – Every Thursday, 6.30pm-7.30pm**

**KEEP-FIT at North Library – £3.00.** Keep Fit class for over 50s. Together with Islington Libraries. North Library, Manor Gardens N7 6JX.

**Friday** **West Library – Every Thursday, 5.00pm-6.00pm**

**KEEP-FIT class at West Library – £3.00.** Chair based for better bones and stronger muscles. Together with Islington Libraries. West Library, Bridgeman Road, N1 1BD.

**Friday** **West Library – Every Friday, 2.00pm-3.00pm**

**GENTLE YOGA class at West Library – £3.00.**  
Chair based or mat to suit your ability. Organised by Healthy Generations and Islington Libraries. West Library, Bridgeman Road, N1 1BD. **Info: Peter Crockett: 0798 114 2376**

**Cutbush House - Every two weeks, 2.00pm-4.00pm 24/11/17, 8/12/17, 22/12/17**

**TEA DANCE at Minerva Lodge – Free** with tea and cake. With Clarion Housing, at 57 Hilldrop Road, London, N7 0QD

**Saturday** **West Library – Every Saturday, 9.30am-10.30am**

**OSTEOPOROSIS Remedial Exercise Class at North Library – £3.00.**  
For people with or in high risk group for osteoporosis. Together with Islington Libraries, every Saturday from 9.30am-10.30am. West Library, Bridgeman Road, N1 1BD.

**North Library – Every Saturday, 1.30pm-2.30pm**

**OSTEOPOROSIS Remedial Exercise Class at North Library – £3.00.**  
For people with or in high risk group for osteoporosis, Together with Islington Libraries, every Saturday from 1.30pm-2.30pm. North Library, Manor Gardens, N7 6JX.