

Public Classes & Events info@healthygenerations.org.uk

Contact: Peter Crockett, 0798 114 2376 to confirm dates of "every two week" events

**T
u
e
s
d
a
y**

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.

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.

Minerva Lodge - Every two weeks, 1.00pm-3.00pm

TEA DANCE Lodge – Free. With Clarion Housing, at 54 Roman Way, N7 8XF

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.

**w
e
d
n
e
s
d
a
y**

Cat & Mouse Library – Every Wednesday, 11.30am-12.30pm

OSTEOPOROSIS Remedial Exercise Class at Cat & Mouse Library – £3.00. For people with or in high risk group for osteoporosis, Together with Islington Libraries, Cat & Mouse Library, 277 Camden Rd N7 0JN

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.**

Minerva Lodge - Every week, 11.30pm-12.30pm

COMPUTER CLASS – Free. Help sorting problems for laptops, smartphones and tablets. Lots of information how to protect from scams on phones and computers. 54 Roman Way, N7 8XF

Islington Pensioner's Forum – Every two weeks, 3.30pm-4.30pm

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

**T
h
u
r
s
d
a
y**

Cat & Mouse Library – Every Thursday, 11.30am-12.30 noon

PILATES Class – £3.00.

Together with Islington Libraries, Thursdays, Cat & Mouse Library, 277 Camden Rd N7 0JN

Barkway Court - Every two weeks, 1.00pm-3.00pm

TEA DANCE – Free with tea and cake. With Clarion Housing, at 58 Queens Drive, N4 2YG

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.

**F
r
i
d
a
y**

North Library – Every Friday, 11.00am-12.00pm

OSTEOPOROSIS Remedial Exercise Class at North Library – £3.00. For people with or in high risk group for osteoporosis, Together with Islington Libraries, North Library, Manor Gardens, N7 6JX.

Cutbush House - Every two weeks, 1.00pm-3.00pm

TEA DANCE – Free. With Clarion Housing, at 57 Hilldrop Road, N7 0QD

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**

**S
a
t
u
r
d
a
y**

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.