

ACTIVE COMMUNITY MONDAYS

Active Community Mondays provides older adults the opportunity to get active and meet new people in a fun, safe environment. The focus is on the social benefits rather than the physical and encourages the development of an active community.



Example Day

10am – 11am

Tea/Coffee and Games

11am – 11.45am

Tai Chi / Yoga

11.45am – 12pm

Break

12pm – 12.45pm

Group Exercise Class

12.45pm – 1pm

Break

1pm – 1.30pm

Talk from a local organisation (e.g Fire Service)

1.30pm – 2pm

Games

Key information

Venue

Harrow Leisure Centre

When

Every Monday 10am – 2pm

Cost

Just £4 for the day!

Food

Please bring your own lunch to eat during break times. There is a café available for the purchase of food.

Contact

harrowinfo@everyoneactive.com

020 8901 5980

No advance booking necessary