

**Get involved in  
UK Older  
People's Week  
1-7 October**

**Silver Tuesday**

**Fitness Activities**

**Music & Shows**

**Walks**

**Pampering**

**2018 Activity Programme**

UK Older People's Day is on 1 October every year, recognising and celebrating the achievements of older people and the contributions they make to society and the economy.

This year, Redbridge will once again be celebrating by spreading the message that age is no barrier to staying active and being involved in community life with a programme of events and activities.

**5 FREE places** = 5 free places for over 50s

## Monday 1 October

### Comedy Show

Local comedian, Pam Ford, presents an hour of humour.

10.30am-12noon | **FREE**

**Allan Burgess Centre**

2 Grove Park, Wanstead E11 2DL

### Meet me at the Museum

Join the Heritage team for a look around Redbridge Museum including the 1930s kitchen and share your memories of how cooking and housework have changed over the years. Perhaps you used a washboard or did your washing in a copper? Come along and enjoy a cup of tea or coffee and hear what others have to say.

11.30am-12.30pm | **FREE**, book in advance 020 8708 2317

**Redbridge Central Library**

Clements Road, Ilford IG1 1EA

### Walking Football

Call Mark 020 8708 0955 to book 1pm

**Ashton Playing Fields**

598 Chigwell Road, Woodford Bridge IG8 8AA

**5 FREE places**

### Keep Fit

Fun fitness session open to all abilities.

Call Michelle 020 8708 0951 to book

2.15pm-3.15pm

**Redbridge Town Hall**

128-142 High Road, Ilford IG1 1DD (side entrance)

**5 FREE places**

### Indoor Row Fitness

Row fitness sessions for all abilities.

Call Darren 020 8708 0950 to book

7pm-8pm

**Fairlop Rowing Club**

Forest Road, Barkingside IG6 3HN

**5 FREE places**



## Tuesday 2 October

### Chadwell Wetland Day

Help to maintain this fabulous community area, wellies recommended.

10am-1pm | **FREE**, just turn up

**Chadwell Millennium Green**

Percival Gardens RM6 5RJ

### Silver Tuesday

Join us for this special event where you can enjoy a varied programme of entertainment including laughter yoga, chair based exercise, walking exercises with Living Streets and a talk on the Hainault Ancient Forest project. The Vision RCL Sport and Health Team will be on hand to give you a Health MOT and there will be information stands on areas of interest. Silver Tuesday offers a wide range of activities that will hopefully leave you feeling fit for life!

Light refreshments will be available.

Enquiries Rhonda 020 8708 2409 or email rhonda.brooks@visionrcl.org.uk

10am-4pm | **FREE**, just turn up

**Wanstead Library**

Churchill Room, Spratt Hall Road, London E11 2RQ

### Poetry Workshop

Come & join Redbridge Rhymesters, for a morning of poetry.

Refreshments provided.

Why not stay for lunch? (£5)

Call 020 8989 6338 to book

10.30am-12noon | **FREE**, just turn up

**Allan Burgess Centre**

2 Grove Park, Wanstead E11 2DL

### Walking Football

Rediscover the joys of playing football.

Contact Mark on 020 8708 0955

2pm-3pm

**Power League**

Forest Road, Hainault IG6 3HJ

**5 FREE places**

### Yoga

Beginner or experienced, try our yoga sessions.

Call Michelle 020 8708 0951 to book

6pm-7.30pm

**Seven Kings High School**

Perth Road, Ilford

**5 FREE places**

### Play Reading Group

Literature lovers are invited to join in an evening of script reading for UK Older People's Week. There's no need to prepare in advance as dramatic parts will be drawn from a hat with each participant reading a variety of characters.

7pm-9.30pm | **FREE**, just turn up

**South Woodford Library & Gym**

116 High Road, South Woodford E18 2QS

### Yoga

Taster yoga session, try for free at our weekly session.

Call Mark 020 8708 0955 to book

7.30pm-8.30pm

**Fairlop Waters Country Park**

Forest Road, Barkingside IG6 3HN



## Wednesday 3 October

### Active Fitness & Nordic Walking

Taster outdoor active fitness session.  
10am-11am | **FREE**

Taster Nordic walking session,  
all equipment provided.  
11am-12noon | **FREE**

Call Mark 020 8708 0955 to book either  
of these sessions.

**Fairlop Waters Country Park**  
Forest Road, Barkingside IG6 3HN



### Celebration Lunch

With local dignitaries. A chance  
to dress up in your best and enjoy  
good food and good company.  
£5, call 020 8989 6338 to book  
12.30pm-2pm

**Allan Burgess Centre**  
2 Grove Park, Wanstead E11 2DL

### Redbridge Music Lounge Special Event

For all musicians, composers  
and songwriters.

Come along if you're musically minded  
– whether you play, sing, or not!  
Refreshments will be available.  
Enquiries 020 3730 4141  
12.30pm-4.30pm

**Cranbrook Centre**  
Melbourne Gate, Melbourne Road,  
Valentines Park, Ilford

## Thursday 4 October

### Badminton

Call Michelle 020 8708 0951 to book  
10am-12noon

**Wanstead Youth Centre**

144 Elmcroft Ave, London E11 2DB

5 FREE  
places

### Volunteer Day

Help us to maintain the Roding Valley  
Park orchard and meadow area by  
the river.

10am-1pm | **FREE**, just turn up

**Roding Valley Park**

Meet at the gate on Roding Lane South,  
near to junction with Whitney Avenue  
IG4 5PP

### Chair Based Exercise

Call Mark 020 8708 0955 to book  
10.30am-11.30am

**Redbridge Central Library**

Gloucester and York Rooms  
Clements Road, Ilford IG1 1EA

5 FREE  
places

### General Knowledge Quiz

Join in with Age UK Redbridge, Barking  
& Havering's popular weekly quiz.

Why not stay for lunch? (£5)

Call 020 8989 6338 to book  
10.30am-12noon | **FREE entry**

**Allan Burgess Centre**

2 Grove Park, Wanstead E11 2DL

### Asian Cultural Programme with Dr Sudarshan Kapur

10.30am-12.30pm

**Punjabi Centre**

293-297 Ley St, Ilford IG1 4BN

### Postural Stability Instruction

Exercise to improve your posture  
and prevent falls.

Call Mark 020 8708 0955 to book  
12.30pm-1.30pm

**Redbridge Central Library**

Gloucester and York Rooms  
Clements Road, Ilford IG1 1EA

5 FREE  
places

### Breathing & Relaxation

Breathing exercises.

Call Mark 020 8708 0955 to book  
2pm-3pm

**Redbridge Central Library**

Gloucester and York Rooms  
Clements Road, Ilford IG1 1EA

5 FREE  
places

### Volunteering Opportunities

Redbridge Voluntary Care and  
Redbridge Carers Support Service will  
be hosting an information table in the  
library as part of UK Older People's  
Week where you can come along  
and learn more.

2pm-4pm

**Redbridge Central Library**

Clements Road, Ilford IG1 1EA

5 FREE  
places = 5 free places for over 50s



## Friday 5 October

### Yoga

Beginner or experienced, try our  
yoga sessions.

Call Michelle 020 8708 0951 to book

10am-11.30am

**Hainault Forest Community  
Association**

100b Manford Way, Chigwell IG7 4DF

5 FREE  
places

10am-11.30am

**St Marys with Christ Church**

Wanstead Place, London E11 2SW

5 FREE  
places

### Morning of Music with the Redbridge Music Lounge

Come along and join in with a  
good old fashioned sing along.

Why not stay for lunch? (£5)

Call 020 8989 6338 to book  
10.30am-12noon | **FREE entry**

**Allan Burgess Centre**

2 Grove Park, Wanstead E11 2DL

### Pamper Day with RCSS

Reflexologist, mini paint and shape  
manicures, health checks and  
information on food & nutrition.

Call Tina at RCSS 020 8514 6251  
for more information.

11am-2pm

**Redbridge Central Library**

Gloucester and York Rooms  
Clements Road, Ilford IG1 1EA

### Active Fitness

Taster outdoor fitness session,  
try for free.

Call Mark 020 8708 0955 to book  
7pm-7.45pm

**Christchurch Green**

Wanstead Place, London E11 2SW

## Saturday 6 October

### Active Fitness

Taster outdoor fitness session, try for free.  
Call Mark 020 8708 0955 to book  
8.30am-9.15am

#### Fairlop Waters Country Park

Forest Road, Barkingside IG6 3HN

### Nordic Walking

Taster Nordic walking session,  
try for free, all equipment provided.  
Call Mark 020 8708 0955 to book

10am-10.45am

#### Hainault Forest Country Park

adjacent to Global Cafe

12.30pm-1.15pm

#### Fairlop Waters Country Park

Forest Road, Barkingside IG6 3HN

### Rhythmic Connections Workshop

Are you Over 55, enthusiastic and willing to try new things? If so, be part of IROKO Theatre Company's fun and invigorating music for wellbeing activities involving African drumming, movement, singing and chanting. You will leave the workshop feeling rejuvenated and uplifted. No previous experience required!

2pm-3pm | **FREE**, just turn up

#### Fullwell Cross Library

140 High Street, Barkingside IG6 2EA



## A further date for your diary Tuesday 9 October

### A Walk in Hainault Forest

Following on from the Hainault Forest Talk at Silver Tuesday, you are invited to join the Ancient Forest Project Manager, Francis Castro for a tour of the park, looking at its history, nature and the plans to restore its royal hunting forest grandeur.

11am-1pm | **FREE**, just turn up

#### Hainault Forest Country Park

Meet near the café opposite first car park, Romford Road IG7 4QN

## Getting to Older Peoples Week 2018 venues

Venue	Public Transport	Parking
<b>Wanstead Library</b>	Bus routes 66, 101, 145, 308, W13, W14. Wanstead Underground Station is a 5 minute walk	RingGo car park and street parking, or pay and display car park on Grove Park
<b>Redbridge Central Library</b>	Bus routes 25, 86, 123, 128, 145, 150, 167, 169, 179, 364, 366, 462, 667, 679. Ilford Train Station is a 10 minute walk	RingGo car park at Town Hall, multi-storey car park on Clements Road
<b>Redbridge Town Hall</b>	Bus routes 25, 86, 123, 128, 145, 150, 167, 169, 179, 364, 366, 462, 667, 679. Ilford Train Station is a 10 minute walk	RingGo car park at Town Hall, multi-storey car park on Clements Road
<b>Fairlop Waters / Fairlop Rowing Club</b>	Bus route 462. Fairlop Underground Station is a 10 minute walk	RingGo car park
<b>Cranbrook Centre</b>	Bus route 364	RingGo car park inside park
<b>Allen Burgess Centre</b>	Bus routes 66, 101, 145, 308, W13, W14. Wanstead Underground Station is a 5 minute walk	Pay and display car park on Grove Park
<b>Seven Kings High School</b>	Bus routes 169, 364	Free car park
<b>South Woodford Library &amp; Gym</b>	Bus routes 179, W13	Pay and display or Waitrose car park maximum 2 hours.
<b>Power League</b>	Bus route 462 Fairlop Underground Station is a 15 minute walk	Free car park
<b>Ashton Playing Fields</b>	Bus Routes 275, W14	Free car park
<b>Fullwell Cross Library</b>	Bus routes 150, 167, 169, 247, 245, 275, 462, 667, 677. Fairlop Underground Station is a 10 minute walk	Pay and display car park
<b>Wanstead Youth Centre</b>	Bus route W12	Free car park
<b>St Marys With Christ Church</b>	Bus routes 66, 101, 145, 308, W13, W14. Wanstead Underground Station is a 5 minute walk	RingGo car park and street parking, or pay and display car park on Grove Park

### Parking with RingGo

A number of UK Older People's Week activities will be taking place at venues which use the RingGo Parking system. If you have access to a smart phone we strongly advise you download and set up the RingGo App prior to attending, as this can save you time on the day. **More information can be found at [www.myringgo.co.uk](http://www.myringgo.co.uk)**

# Thank you to our partners

UK Older People's Week in Redbridge would not be possible without dedicated work from a variety of partners.

We would like to thank the following organisations for their continued hard work.

- \* Vision Redbridge Culture & Leisure
- \* Redbridge Pensioners Forum
- \* Age UK Barking and Dagenham, Havering and Redbridge
- \* Redbridge Carers Support Service
- \* Punjabi Centre
- \* Redbridge Voluntary Care
- \* Living Streets

For the full programme visit

[www.redbridge.gov.uk/events](http://www.redbridge.gov.uk/events)