


Exercise

Tai Chi -- £6/session

Mondays – 10:00 to 11:00 am (Intermediate)

Mondays – 11:15 am to 12:15 (Beginners)

 Thursdays – 11:30 am – 12:30 pm (Beginners)

Qi Gong -- £6/session

Wednesdays – 11:15 am to 12:15

Pilates -- £6/session

Mondays – 11:00 am to 12 noon


Wednesdays – 10:00 to 11:00 am

Wednesdays – 12:30 to 1:30 am

Wednesdays – 19:00 to 20:00 (£1/session extra)

Yoga -- £7/session

Tuesdays – 11:15 am to 12:30 pm

 Tuesdays – 18:00 to 19:00


Fridays – 10:00 to 11:10 am

Supple Strength -- £6/session

A mix between Yoga & Pilates

Thursdays - 9:30 to 10:30 am

Chair Exercises -- £4.5/session

 Mondays – 1:00 to 1:45 pm (General)

Thursdays – 11:00 to 11:45 am (General)


Fridays – 11:30 am to 12:10 noon (Yoga) 

Table Tennis -- £3/session

Wednesdays – 3:15 to 4:30 pm

Dance

Zumba -- £5/session

Mondays – 9:45 to 10:30 am

Wednesday – 18:15 to 19:00 (£1/session extra)

BollyX Zumba -- £5/session

Starts September 19

Tuesdays – 9:45 to 10:30 am

Ballet Barre -- £6/session

Thursdays – 10:00 to 11:00 am

Latin American Dance -- £4/session

Wednesdays – 1:45 to 2:45 pm (Beginners)

Fridays – 1:00 to 2:15 pm (Improvers)

Line Dancing -- £6/session

Coming Soon

Meet New Friends

Daily

Drop in Tea & Coffee

Cup 50p, Mug 60p

Monday to Friday – 9:00 am to 12 noon

Lunch -- £5

Jacket potatoes, sandwiches, soup, fruit or yoghurt

Weekdays – 11:30 to 1:00 pm

Mondays

Knitting Circle - FREE

1st, 3rd and 5th Monday – 10:00 am to 12:00 noon

Prize Bingo – FREE

2nd Monday – 10:30 to 11:30 am

Adrian's Quiz – FREE

4th Monday – 10:30 to 11:30 am

Tuesdays

Scrabble -- FREE

Tuesdays – 10:30 am to 12:00 noon

Social Tuesday Afternoon -- £4/session

1st & 3rd Tuesday – Memories - 1:00 to 3:00 pm

2nd & 5th Tuesday – Bingo - 1:00 to 3:00 pm

Film Club -- £4/session

4th Tuesday – 1:30 to 4:00 pm

Wednesdays

Board Games -- FREE

Starts October 4

1st & 3rd Wednesday – 10:30 am to 12:00 noon

Sing-along -- FREE

2nd & 4th Wednesday – 10:30 to 11:30 am

Thursdays

Natter & Special Talks Morning -- FREE

Thursdays 9:00 am to 12 noon

Fridays

Needlework & Embroidery -- FREE

1st & 3rd Friday – 10:30 to 12:00

Quiz & Facts of the World -- FREE

Starts October 13

2nd, 4th & 5th Friday – 10:00 to 11:00 am

Creative Arts

NEW Chinese Brush Painting Course **T**

All materials included -- **£140/ 6 weeks**

Starts Nov 6

Monday 1:00 to 3:00 pm

Discover Art -- **£10/session** **T** **M** **♿**

All materials included

Wednesdays – 11:00 am to 1:00 pm

Freestyle Art -- **£15/month** **M**

Wednesdays – 1:30 to 3:30 pm

Ukulele -- **£4/session** **T** **♿**

Mondays – 1:00 to 2:00 pm

Poetry & Creative Writing -- **£4/session**

2nd & 4th Tuesday – 2:30 to 4:00 pm

NEW Drama Club – **£4/session** **T**

Actors needed for Christmas Play: Shepherd's Tale

1st & 3rd Tuesday – 1:30 to 3:00 pm

Book Club -- **£4/session** **M** **♿**

3rd Monday of the month – 2:15 to 3:45 pm

Flower Arranging -- **£7/session + Material**

For more info: **0773 8716 606** **T** **♿**

2nd Saturday – 10:00 am to 12:00 noon

Mosaic Workshop -- **£10/session**

For more info: **07586290249** **T** **M**

3rd Saturday of the month – 9:30 am to 1:30 pm

Languages

NEW Italian with Marzia -- **£6/session** **T** **M**

Starts October 5

Thursdays – 10:00 to 11:15 am (Beginners – A1)

NEW French with Jane -- **£6/session** **T** **M**

Starts October 2

Mondays – 10:00 to 11:15 am (Beginners – A1)

Spanish with Luis -- **£6/session** **T** **M**

Tuesdays – 10:00 to 11:15 am (Beginners – A1)

Tuesdays – 11:30 to 12:45 pm (Conversation – A2)

Wednesdays – 9:30 to 10:45 (Pre-Intermediate – A2)

French Conversation -- **£3/session**

Thursdays – 1:00 to 2:30 pm

Membership is required to take part in all activities and services. Membership is £30/year or £3.5/month (yearly commitment paid monthly).

Technology

NEW Smartphone Course -- **£50/ 6 weeks** **T** **♿**

Starts September 13

Wednesdays – 10:00 am to 12 noon (Beginners)

Wednesdays – 1:00 to 3:00 pm (Beginners)

Computer Course -- **£50/ 6 weeks** **T** **♿**

Starts September 19

Tuesdays – 10:00 am to 12 noon (Beginners)

Tuesdays – 1:00 to 3:00 pm (Internet I)

Card Games

Bridge -- **£4/session** **♿**

Tuesdays – 1:00 to 3:00 pm (ACOL Bridge)

Wednesdays – 1:00 to 3:00 pm (Beginners) **T**

Poker -- **£4/session**

Thursdays – 1:00 to 3:00 pm

Whist -- **£5/session**

Fridays – 12:45 to 3:15 pm

Explore

Genealogy/Family History-- **£5/session** **T** **M** **♿**

Starts September 14

Thursdays - 11:30 am to 1:00 pm

Wine Appreciation -- **£10/session** **♿**

2nd Monday of the month – 5:00 to 7:00 pm

Services

Hairdresser **♿**

To book an appointment: **0790 8918 577**

Thursdays & Fridays – 10:00 am to 2:00 pm

Chiropodist -- **£30/session** **♿**

To book an appointment: **0208 886 5346**

Bereavement Support -- **FREE** **♿**

To book an appointment: **0208 886 5346**

NEW Online Form Filling -- **FREE** **♿**

For more info: **0208 886 5346**

Calories Matter -- **£20/month**

For more info: **0783 6797 555**

Fridays – 10:00 to 11:00 am

Room Hire

For more info: **0208 886 5346**

020 8886 5346

info@RuthWinstonCentre.com

**190 Green Lanes, Palmers Green
London N13 5UE**