

Exercise

Tai Chi -- £6/session

Mondays – 10:00 to 11:00 am (Beginners)
 Mondays – 11:15 am to 12:15 pm (Intermediate)
 Thursdays – 11:30 am – 12:30 pm (Beginners)

Qi Gong -- £6/session

Wednesdays – 11:15 am to 12:15 pm

Pilates -- £6/session

Mondays – 11:00 am to 12 noon
 Wednesdays – 10:00 to 11:00 am
 Wednesdays – 12:30 to 1:30 pm
 Wednesdays – 19:00 to 20:00 (£1/session extra)
 Fridays - 11:45am - 12:45pm

Yoga -- £7/session

Tuesdays – 11:15 am to 12:30 pm
 Fridays – 10:00 to 11:10 am

Tone & Sculpt -- £6/session

Tuesdays – 10:00 am to 11:00 am

Supple Strength -- £6/session

A mix between Yoga & Pilates
 Thursdays - 9:30 to 10:30 am

Chair Exercises -- £4.5/session

Mondays – 12:15 to 1:00 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

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

Starts 28th May 2024

Tuesdays – 1:15 to 2:15 pm

Meet New Friends

Daily

Drop in Tea & Coffee

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

Wednesdays

Board Games -- FREE

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

Thursdays

Natter & Special Talks Morning -- FREE

Thursdays 9:00 am to 12 noon

Film Club -- £4/session

4th Thursday – 1:30 to 4:00 pm

Fridays

Needlework & Embroidery -- FREE

1st & 3rd Friday – 10:30 to 12:00

Creative Arts

Chinese Brush Painting Course

All materials included -- £140/ 6 weeks

Monday 1:00 to 3:00 pm

Discover Art -- £10/session

All materials included

Wednesdays – 11:00 am to 1:00 pm

Freestyle Art -- £15/month

Wednesdays – 1:30 to 3:30 pm

Poetry & Creative Writing -- £4/session

2nd & 4th Tuesday – 1:30 to 3:00 pm

Book Club -- £4/session

For more info: 07780 815 030

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

Flower Arranging

£7/session + Material (members)

£9.50/session + Material (non-member)

For more info: 0773 8716 606  

2nd Saturday – 10:00 am to 12:00 noon

1:00 pm to 3:00 pm

3rd Saturday – 10:00 am to 12:00 noon (Beginners)

Music

Ukulele -- £4/session

Mondays – 1:00 to 2:00 pm

Guitar Workshop --

£8/session (members)

£10/session (non-members)

Tuesdays - 6:30 to 7:30 pm

Languages

Italian with Marzia -- £6/session

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

Spanish with Luis -- £6/session

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 (Concession maybe available).

Explore

Genealogy/Family History-- £5/session

Thursdays - 11:30 am to 1:00 pm

Wine Appreciation -- £10/session ^{2nd}

Monday of the month – 5:30 to 7:30 pm

Technology

Smartphone Course -- £50/ 6 weeks

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

Computer Course -- £50/ 6 weeks

Tuesdays – 11:00 am to 12 noon (Beginners)

Tuesdays – 1:00 to 3:00 pm (Internet 2)

Card Games

Bridge -- £4/session

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

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

Poker -- £4/session

Thursdays – 1:00 to 3:00 pm

Whist -- £5/session

Fridays – 12:45 to 3:15 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

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

info@RuthWinstonCentre.com

190 Green Lanes, Palmers Green

London N13 5UE

0208 886 5346