

Members' Activity List

Learn, Exercise & Meet New Friends

 Paid monthly in advance

 Tutor-led

 Step-free access

 New Activity

Dance

Zumba -- £5/session

Mondays – 10:00 am to 10:45 am

Ballet Barre -- £6/session

Thursdays – 10:45 am to 11:45 am

Latin American Dance -- £4/session

Wednesdays – 1:45 pm to 2:45 pm

Line Dancing -- £5/session

Tuesdays – 1:15 pm to 2:00 pm (Mixed Ability)

Exercise

Tai Chi -- £6/session

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

Mondays – 1:00 pm to 2:00 pm (Beginners) -

(£6.50/session)

Starts 8 September



Mindful Movement -- £6/session

Wednesdays – 11:15 am to 12:15 pm

Pilates -- £6/session

Mondays – 11:00 am to 12:00 noon

Wednesdays – 10:00 am to 11:00 am

Wednesdays – 12:30 pm to 1:30 pm

Wednesdays – 7:00 pm to 8:00 pm (£7/session)

Thursdays - 11:15 am to 12:15 pm (£6.50/session)  

Fridays – 11:45 am to 12:45 pm



Yoga -- £7/session

Tuesdays – 11:05 am to 12:15 pm

Fridays – 10:00 am to 11:10 am

Tone & Sculpt -- £6/session

Tuesdays – 10:00 am to 11:00 am

Total Tone Up -- £6/session

Full standing body work-out for all fitness levels

Mondays – 1:15 pm to 2:00 pm

Supple Strength -- £6/session

A mix between Yoga & Pilates

Thursdays – 9:30 am to 10:30 am

Chair Exercises -- £4.5/session

Mondays – 12:15 pm to 1:00 pm (General)

Tuesdays – 12:25 pm to 1:10 pm (Yoga)

Thursdays – 12:15 pm to 1:00 pm (General)

Fridays - 11:30 am to 12:15 pm (Yoga)

Table Tennis -- £3/session

Wednesdays – 3.15 pm to 4.30 pm

Music

Ukulele -- £4/session

Mondays – 1:00 pm to 2:00 pm

Choir -- £5/session - Starts 14 October

Mondays – 11:00 am to 12:00 pm



Guitar Workshop

£8/session (members)

£10/session (non-members)

Tuesdays - 6:30 pm to 8:30 pm

Social

Taste the World: Wine & Bites - Coming soon

Meet New Friends

Daily

Drop in Tea & Coffee

Monday to Friday – 9:00 am to 12 noon

Lunch -- £5

Weekdays – 11:30 am to 1:00 pm

Jacket potatoes, sandwiches, soup, fruit or yoghurt

Wednesdays 11.30am to 1.00pm

Homemade Curry

Mondays

Knitting Circle - FREE

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

Prize Bingo – FREE

2nd Monday – 10:30 am to 11:30 am

Adrian's Quiz – FREE

4th Monday – 10:30 am 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

Fridays

Fridays Fun -- FREE

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

Languages

Italian with Elisa -- £6/session

Thursdays – 10:00 am to 11:00 am (Beginners – A1)
Thursday – 11.15 am to 12.15 pm (Intermediate A2)

Spanish with Luis -- £7/session

Tuesdays – 10:00 am to 11:15 am (Pre-Intermediate)
Tuesdays – 11:30 am to 12:45 pm (Conversation)
Tuesdays – 3.15 pm to 4.30 pm (Beginners 2)
Wednesdays – 9:30 am to 10:45 am (Intermediate)
Wednesdays – 11:00 am to 12:15 pm (Beginners 3)

French with Bianca -- £7/session - TBC

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

French Conversation -- £3/session

Thursdays – 1:30 pm to 3:00 pm

ESOL – FREE – (term time only) -

Starts 9 September

Improve your English through conversation

2nd & 4th Tuesday of each month 10:30 am to 12:00 pm

Technology

Smartphone Course -- £50/ 4 weeks

TBC

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

Digital Inclusion -- Free/ 6 weeks

Starts 11 September 

Thursdays – 10:00 am to 12:00 noon (All Levels)

Creative Arts

Chinese Brush Painting Course

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

Monday 1:00 pm to 3:00 pm

Discover Art -- £10/session

All materials included

Wednesdays – 11:00 am to 1:00 pm

Freestyle Art -- £16/month

Wednesdays – 1:30 pm to 3:30 pm

Poetry & Creative Writing -- £4/session

2nd & 4th Tuesday – 2:00 pm to 3:30 pm

Drama -- £120/ 12 week course

Taster session 19 September (£5) 

Fridays – 1:00 pm to 2:00 pm

Book Club -- £4/session

For more info: 07780 815030

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

Mosaic Workshop -- £10/session

For more info: 07586 290249

4th Saturday of the month – 9:30 am to 1:30 pm

Flower Arranging Workshop

£8.50 members / £12.00 non-members

Additional cost for flowers

2nd Saturday of the month

10:00 am to 12:00 pm and 12:30 pm to 2:30 pm

Card Games

Bridge -- £4/session

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

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

Poker -- £4/session

Thursdays – 1:00 pm to 3:00 pm

Whist -- £5/session

Fridays – 12:45 pm to 3:30 pm

Services

Call 020 8886 5346 to book an appointment for the following services:

Chiropodist -- £30/session 

Bereavement Support -- FREE 

Online Form Filling – FREE

Appointment Companion -- FREE

Wake Reception Package

Room Hire

Hairdresser 

To book an appointment: 0790 8918 577

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

0208 886 5346

info@RuthWinstonCentre.com

190 Green Lanes, Palmers Green N13 5UE

Membership is required to take part in all activities and services. Membership is £30/year (Concession available, please enquiry at the office)