

# 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 育

Tuesdays - 10:00 am to 11:00 am



## **Learn, Exercise & Meet New Friends**

Paid monthly in advance

Tutor-led

த் Step-free access <sup>®</sup> New Activity

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** 

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

**Prize Bingo - FREE** 

2<sup>nd</sup> Monday – 10:30 am to 11:30 am

Adrian's Quiz - FREE

4<sup>th</sup> Monday – 10:30 am to 11:30 am

**Tuesdays** 

Scrabble -- FREE

Tuesdays – 10:30 am to 12:00 noon

Wednesdays

**Board Games -- FREE** 

1<sup>st</sup> & 3<sup>rd</sup> Wednesday – 10:30 am to 12:00 noon

**Thursdays** 

**Natter & Special Talks Morning -- FREE** 

Thursdays 9:00 am to 12 noon

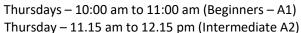
**Fridays** 

Fridays Fun -- FREE 🕕

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

## Languages

## Italian with Elisa -- £6/session 🕡 🐠



## 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

2<sup>nd</sup> & 4<sup>th</sup> 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 M

Wednesdays - 1:30 pm to 3:30 pm

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

2<sup>nd</sup> & 4<sup>th</sup> Tuesday – 2:00 pm to 3:30 pm

## Drama -- £120/ 12 week course & 1



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

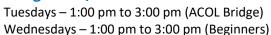
# Flower Arranging Workshop £8.50 members / £12.00 non-members

#### **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 & •



#### 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 o
Bereavement Support -- FREE o
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