

Members' Activity List

Learn, Exercise & Meet New Friends

M Paid monthly in advance
 T Tutor-led
  Step-free access
 NEW New Activity

Dance T M

Zumba Gold -- £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 2:15 pm (Mixed Ability)

Exercise

Tai Chi -- £6/session T M

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

Mondays – 1:05 pm to 2:05 pm (Beginners) 
 (£6.50/session)

Mindful Movement -- £6/session T M

Wednesdays – 11:15 am to 12:15 pm

Pilates -- £6/session T M

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) T M

Thursdays - 12:30 pm to 1:30 pm (£6.50/session) T M

Fridays – 11:45 am to 12:45 pm T M

Yoga -- £7/session T M

Tuesdays – 11:05 am to 12:15 pm

Thursdays – 10:00am to 11:00am **Starts 5 February**

Fridays – 10:00 am to 11:10 am

Tone & Sculpt -- £6/session T M

Tuesdays – 10:00 am to 11:00 am

Supple Strength -- £6/session T M

A mix between Yoga & Pilates

Thursdays – 9:30 am to 10:30 am

Chair Exercises -- £4.5/session T M

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

Tuesdays – 12:25 pm to 1:10 pm (Yoga)

Thursdays – 12:00 noon to 12:45 pm (General)

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

Table Tennis -- £3/session

Wednesdays – 3.15 pm to 4.30 pm

Music T

Ukulele -- £4/session

Mondays – 1:00 pm to 2:00 pm

Choir -- £5/session

Tuesdays – 10:00 am to 11:00 am

Guitar Workshop

£8/session (members)

£10/session (non-members)

Tuesdays - 6:30 pm to 8:30 pm

Technology T

Digital Inclusion -- Free/ 6 weeks

Starts 22 January 2026

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

Meet New Friends

Daily

Drop in Tea & Coffee

Monday to Friday – 9:00 am to 12 noon

Lunch – from £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 T

Fridays – 10:00 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 -

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

French Conversation -- £3/session

Thursdays – 1:30 pm to 3:00 pm

ESOL – £2 – (term time only) -

Starts 13 January 2026

Improve your English through conversation

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

Creative Arts

Chinese Brush Painting Course

All materials included -- £140/ 6 weeks

Starts 19 January 2026

Monday 1:30 pm to 3:30 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

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

**£108 per year or £11 per session for members /
£180 per year or £25 per session 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 -- £36/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

Reflexology

**To book an appointment: 07599 909787 or
email info@thinkreflexology.com**

Half price for Ruth Winston members

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.