

## 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 -- £6/session**

Mondays – 10:00 am to 10:45 am

**Ballet Barre -- £7/session**

Thursdays – 10:45 am to 11:45 am

**Latin American Dance -- £5/session**

Wednesdays – 1:45 pm to 2:45 pm

**Line Dancing -- £6/session**

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

#### Exercise

**Tai Chi -- £7/session** T M

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

Mondays – 1:05 pm to 2:05 pm (Beginners) ♿

**Pilates -- £7/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 – 6:00 pm to 7:00 pm (**£8/session**) ♿

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

Thursdays - 11:15 am to 12:15 pm

Thursdays - 12:30 pm to 1:30 pm

Fridays – 11:45 am to 12:45 pm

**Yoga -- £8/session** T M ♿

Tuesdays – 11:05 am to 12:15 pm

Thursdays – 10:00am to 11:00am (£7.50)

Fridays – 10:00 am to 11:10 am

**Tone & Sculpt -- £7/session** T M ♿

Tuesdays – 10:00 am to 11:00 am

**Cardio Boost -- £7/session** T M ♿ NEW

**Full body circuit class – level up your fitness**

Fridays – 1:00 pm to 1:55 pm

**Supple Strength -- £7/session** T M ♿

**A mix between Yoga & Pilates**

Thursdays – 9:30 am to 10:30 am

**Chair Exercises -- £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 -- £4/session** ♿

Wednesdays – 3.15 pm to 4.30 pm

**Music** T ♿

**Ukulele -- £5/session**

Mondays – 1:00 pm to 2:00 pm

**Guitar Workshop**

**£9/session (members)**

**£11/session (non-members)**

Tuesdays - 6:30 pm to 8:30 pm

**Technology** T ♿

**Digital Inclusion -- Free/ 6 weeks**

**Starts TBC**

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 £6**

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** T

Fridays – 10:00 am to 12:00 noon

## Languages

### Italian with Elisa -- £7/session

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

### Spanish with Luis -- £8/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 Suzette -- £8/session -

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

### French Conversation -- £4/session

Thursdays – 1:30 pm to 3:00 pm

### ESOL – £2 – (term time only) -

Improve your English through conversation

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

## Creative Arts

### Chinese Brush Painting Course

£126/ 6 weeks

Not suitable for beginners

Starts 1 June 2026

Monday 1:30 pm to 3:30 pm

### Discover Art -- £11/session

All materials included

Wednesdays – 11:00 am to 1:00 pm

### Freestyle Art -- £20/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

### 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

### Water Colour Painting Club

Palmer's Green Art Group

For more info: 07724 672447

Wednesdays – 7:30 pm to 9:30 pm

## Card Games

### Bridge -- £5/session

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

### Poker -- £5/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](mailto:info@thinkreflexology.com)

Half price for Ruth Winston members

0208 886 5346

[info@RuthWinstonCentre.com](mailto:info@RuthWinstonCentre.com)

190 Green Lanes, Palmer's Green N13 5UE

Membership is required to take part in all activities and services. Membership is £30/year.