

Exercise

Tai Chi -- £7/session

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

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

Pilates -- £7/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 – 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

Tuesdays – 11:05 am to 12:15 pm

Thursdays – 10:00am to 11:00am

Fridays – 10:00 am to 11:10 am

Tone & Sculpt -- £7/session

Tuesdays – 10:00 to 11:00 am

Cardio Boost -- £7/session

Full body circuit class – level up your fitness

Fridays – 1:00 pm to 1:55 pm

Supple Strength -- £7/session

A mix between Yoga & Pilates

Thursdays – 9:30am to 10:30 am

Chair Exercises -- £5/session

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 to 4.30pm

Dance

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 (All Levels)

Music

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

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

Palmers Green Art Group

For more info: 07724 672447

Wednesdays – 7:30 pm to 9:30 pm

Technology

Digital Inclusion -- Free/ 6 weeks

Starts TBC

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

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 3:15 pm

Languages

Italian with Elisa -- £7/session

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

Thursdays – 11:15 am to 12.15pm (Intermediate - A2)

Italian Conversation -- £4/session

Fridays – 2:15 pm to 3:45 pm

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)

Spanish Conversation -- £4/session – Starts 4th August

Tuesdays – 6:00 pm to 7:30 pm

French with Suzette -- £9/session

Mondays – 10:00 am to 11:30 am

French Conversation -- £4/session

Thursdays – 1:30 pm to 3:00 pm

ESOL -- £2/session (term time only) – new term 8th September

Improve your English through conversation

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

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

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

Friday Fun -- FREE

Friday – 10:30 to 12:00 noon

Services

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

Chiroprapist -- £36/session 

Bereavement Support -- FREE 

Online Form Filling – FREE

Appointment Companion – FREE

Wake Reception

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

Homeopathy & massage 

To book an appointment: 07792 834241 or

email homeopathy@renatagabor.com

20% off for Ruth Winston members

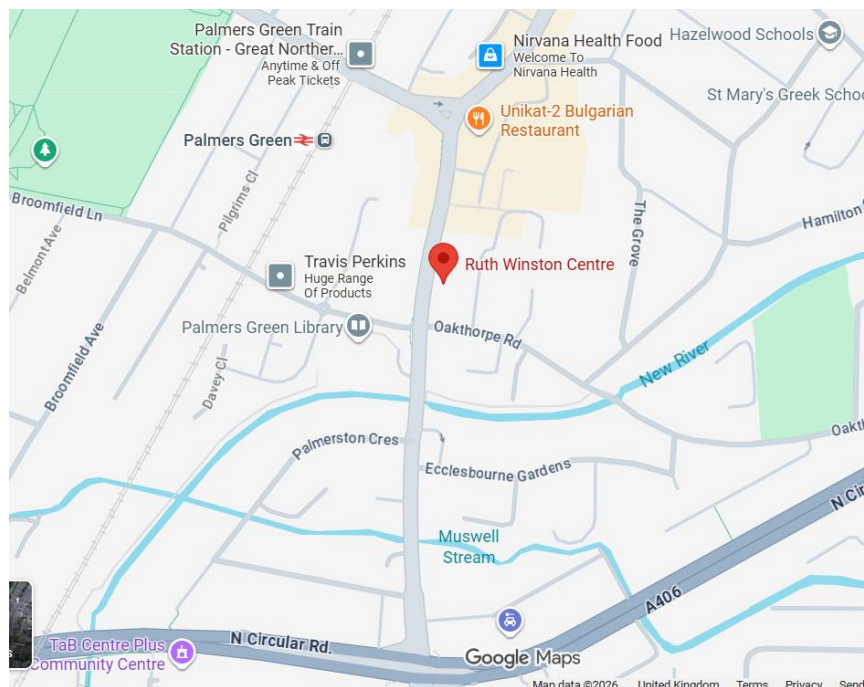
Membership is required to take part in all activities and services. Membership is £30/year

This booklet shows the listed class prices. If you are happy to pay a little extra or make a donation, we would really appreciate that support.

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

How to find us

The map shows the location of the Ruth Winston Centre. Access to the Centre is gained from the front entrance in **Green Lanes**, which is on **bus routes 121, W6 and 329** as well as the **Palmers Green Main Line Train Station in Alderman's Hill**.



Our Address: 190 Green Lanes, Palmers Green, London, N13 5UE

Telephone: 020 8886 5346

Opening times 9am – 4pm

Website: www.ruthwinstoncentre.com

Email: info@ruthwinstoncentre.com

Facebook: www.facebook.com/ruthwinstoncentre

July 2026 – V3

Ruth Winston Community Centre



Registered Charity 1057968 Company Ltd by Guarantee 3168660



Learn, Exercise & Meet New Friends!

An activity and resource centre for people living in Enfield Borough and surrounding areas.

190 Green Lanes (near the Triangle)

Palmers Green, London, N13 5UE

Tel: 020 8886 5346

www.ruthwinstoncentre.com



Scan to *Donate*

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