

Members' Activity List

Learn, Exercise & Meet New Friends

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

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 (Mixed Ability)

Exercise

Tai Chi -- £7/session  

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

Fridays – 10:00 am to 11:10 am

Tone & Sculpt -- £7/session   

Tuesdays – 10:00 am 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 – 9:30 am to 10:30 am

Chair Exercises -- £5/session   

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

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  

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  

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

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 

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)

Italian Conversation -- £4/session £10/session for non-members

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 £10/session for non-members

Starts 10th September 2026

Thursdays – 6:00 pm to 7:30 pm

French with Suzette -- £9/session -

Mondays – 10:00 am to 11:30 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

Next term 8th September 2026

2nd & 4th 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

Half price for Ruth Winston members

Homeopathy and deep tissue massage

To book an appointment: 07792 834241 or
email homeopathy@renatagabor.com

20% off 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.