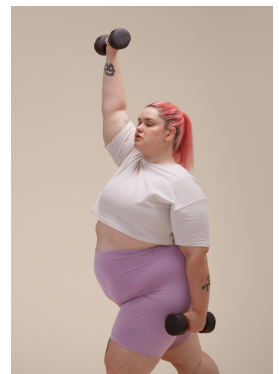


November Activities 2025

Get Fit, Eat Well & Feel Good for FREE in Enfield



Register to access free weekly exercise, wellbeing, nutrition & cooking sessions



NUTRITION

BOOKING IS ESSENTIAL

EAT WELL WITH DIABETES

WHEN	TUESDAY 4 TH NOVEMBER
TIME	1:00 PM - 2:30 PM
WHERE	ST ALDHELMS CHURCH HALL 2 WINDMILL RD, LONDON N18 1PA

LEARN HOW TO MANAGE YOUR BLOOD SUGAR, BOOST YOUR ENERGY, AND ENJOY MEALS. FREE RESOURCES AND HEALTHY TASTERS INCLUDED.

EAT WELL FOR BRAIN HEALTH

WHEN	WEDNESDAY 26 TH NOVEMBER
TIME	10:30 AM - 12 PM
WHERE	ST STEPHENS CHURCH HALL, PARK AVENUE, ENFIELD, EN1 2BA

DISCOVER HOW FOODS CAN BOOST YOUR MEMORY, FOCUS, AND MOOD IN THIS INTERACTIVE SESSION WITH TASTERS.

COOKING CLASS FOR REDUCING INFLAMMATION

WHEN	7 TH NOVEMBER
	14 TH NOVEMBER
TIME	10.30AM - 12.30PM
WHERE	PYMMES PARK VISITOR CENTRE EDMONTON N18 1SA

COOKING SESSIONS WHERE YOU WILL LEARN TO COOK, AND TRY A VARIETY OF DISHES TOGETHER. IDEAL FOR THOSE WITH ARTHRITIS, IBS, ECZEMA ETC

INCLUSIVE COOKING

WHEN	TUESDAY 11 TH NOVEMBER
TIME	1:00 PM - 2:30 PM
WHERE	ST ALDHELMS CHURCH HALL 2 WINDMILL RD, LONDON N18 1PA

INTERACTIVE & SUPPORTIVE HEALTHY EATING COOKING SESSIONS FOR ADULTS NEEDING EXTRA SUPPORT, INCLUDING THOSE WITH LEARNING DISABILITIES, MENTAL HEALTH NEEDS, OR DEMENTIA. (ANY CARERS ATTENDING MUST BOOK A PLACE)

NUTRITION

BOOKING IS ESSENTIAL

WEEKLY HEALTHY COOKING CLASSES

WHEN	5 TH NOVEMBER
	12 TH NOVEMBER
	19 TH NOVEMBER
	26 TH NOVEMBER
TIME	11:00 AM - 13.30 PM
WHERE	COOKING CHAMPIONS, ST MATTHEW'S CHURCH HALL, SOUTH ST, PONDER END, EN3 4LA

THESE ARE FUN, **HANDS-ON COOKING SESSIONS** WHERE YOU'LL **TRY A VARIETY OF SEASONAL DISHES**. YOU'RE WELCOME TO ATTEND ALL FOUR SESSIONS, BUT YOU MUST **BOOK EACH ONE INDIVIDUALLY**.



INCLUSIVE COOKING SESSIONS

WHEN	THURSDAY 13 TH
	THURSDAY 27 TH
TIME	2:30 - 4PM
WHERE	COOKING CHAMPIONS, ST MATTHEW'S CHURCH HALL, SOUTH ST, PONDER END, EN3 4LA

INTERACTIVE & SUPPORTIVE HEALTHY EATING COOKING SESSIONS **FOR ADULTS NEEDING EXTRA SUPPORT**, INCLUDING THOSE WITH LEARNING DISABILITIES, MENTAL HEALTH NEEDS, OR DEMENTIA.
(ANY CARERS ATTENDING MUST BOOK A PLACE)

TO BOOK ALL NUTRITION SESSIONS:

[CLICK HERE](#) TO BOOK ONLINE OR SCAN THE QR CODE

CALL: 0208 375 4120

UCANENFIELD@AGEUKENFIELD.ORG.UK



EXERCISE

UNITE IN FITNESS STUDIO

9 OAKWOOD PARADE,
QUEEN ANNE'S PLACE,
ENFIELD EN1 2PX

THURSDAY
1.30 - 2.15 PM

BOXFIT

INSPIRED BY BOXING, COMBINING
NON-CONTACT PUNCHES,
COORDINATION, AND BAND WORK

THURSDAY
2.15 - 3 PM

ZUMBA TONE

A FUN, DANCE-BASED WORKOUT
THAT INCORPORATES LIGHT WEIGHTS
TO HELP TONE MUSCLES



BOOKING IS ESSENTIAL

CLICK HERE TO BOOK ONLINE OR SCAN
QR CODE OR **CALL:** 0208 375 4120
UCANENFIELD@AGEUKENFIELD.ORG.UK



ST ALDHELMS

CHURCH HALL,
2 WINDMILL ROAD,
EDMONTON, N18 1PA

NEW

TUESDAY
11 - 11:45PM

REGGAETIVITY

DANCE, SWEAT, AND BOOST YOUR
BODY & MIND- FULL BODY WORKOUT

WEDNESDAY
11 - 11:45PM

**SEATED
EXERCISE**

A GENTLE CHAIR-BASED WORKOUT
TO IMPROVE MOBILITY, FLEXIBILITY,
AND COORDINATION.

THURSDAY
10:45 - 11:30 AM

CHAIR ZUMBA

A FUN DANCE-BASED WORKOUT FOR
ALL LEVELS, SEATED OR STANDING.

THURSDAY
12 - 12:45 PM

**STRENGTH
CIRCUIT**

A STATION-BASED WORKOUT USING
RESISTANCE EXERCISES TO BUILD
STRENGTH AND ENDURANCE.

THURSDAY
3 - 4PM

PILATES

A LOW-IMPACT CLASS IMPROVING
CORE STRENGTH, POSTURE,
FLEXIBILITY, AND BREATHING.

NEW**ST PETERS CHURCH HALL**

VERA AVENUE

N21 1DN

**SOUTHBURY LEISURE
CENTRE**192 SOUTHBURY RD,
ENFIELD EN1 1YP**THURSDAY**
1:30 - 2:15 PM**STRENGTH AND
TONE**USING RESISTANCE BANDS AND
BODYWEIGHT EXERCISES SEATED OR
STANDING.**WEDNESDAY**
2.15 - 3 PM**STRENGTH
CIRCUIT**A STATION-BASED WORKOUT USING
RESISTANCE EXERCISES TO BUILD
STRENGTH AND ENDURANCE.**TO BOOK OUR EXERCISE SESSIONS:**[**CLICK HERE**](#) TO BOOK ONLINE OR SCAN QR CODE**CALL:** 0208 375 4120**EMAIL:** UCANENFIELD@AGEUKENFIELD.ORG.UK**C R E A T I V E**NEW**DIGITAL ART****WHEN**7TH NOVEMBER
21ST NOVEMBER**TIME**

10:30 AM - 12:30 PM

WHERE**DUGDALE ARTS CENTRE**
39 LONDON RD
ENFIELD TOWN
EN2 6DS**POTTERY SESSIONS****WHEN**14TH NOVEMBER
28TH NOVEMBER**TIME**

10:30 AM - 12:30 PM

WHERE**DUGDALE ARTS CENTRE**
39 LONDON RD
ENFIELD TOWN
EN2 6DS**TO BOOK ALL CREATIVE SESSIONS:**[**CLICK HERE**](#) TO BOOK ONLINE OR SCAN THE QR CODE**CALL:** 0208 375 4120UCANENFIELD@AGEUKENFIELD.ORG.UK

OUR PARTNERS



MINDFULNESS FOR SELF COMPASSION

LEARN PRACITICAL TECHNIQUES

WHEN	THURSDAY 23 RD NOVEMBER
TIME	6 - 9 PM
WHERE	ONLINE - SIGN UP TO RECEIVE THE LINK

TO BOOK PLEASE EMAIL:

WELLBEINGLEARNING@MINDEB.ORG.UK OR

LEAVE A MESSAGE: 0208 906 7504

WWW.MINDEB.ORG.UK

MANAGING STRESS AND EMOTIONAL EATING WITH DIABETES

WHEN	THURSDAY 20 TH NOVEMBER
TIME	11 - 12 PM
WHERE	WELLBEING CONNECT SERVICES 215 FORE STREET, EDMONTON N18 2TZ

TO BOOK OR FOR MORE INFO:

INFO@WELLBEINGCONNECTSERVICES.ORG

020 8803 2200

WWW.WELLBEINGCONNECTSERVICES.ORG



VIP SOCIAL MIDDLESEX ASSOCIATION FOR THE BLIND

WHEN	TUESDAY 4TH NOVEMBER
TIME	11 AM - 1 PM
WHERE	ENFIELD FOYER 279-281 FORE STREET ~ EDMONTON ~ N9 0PD

**OPEN TO VISUALLY IMPAIRED ADULTS OF ALL
AGES, GENDERS AND ETHNIC BACKGROUNDS.**

FOR FURTHER INFORMATION CONTACT:

RUTH GASKIN 07858 311 410

WWW.AFTB.ORG.UK



KEEP FIT

(FOR ONE TO ONE MEMBERS ONLY)

WHEN	12 TH NOEMBER 19 TH NOVEMBER 26 TH NOVEMBER
TIME	11 AM - 1 PM
WHERE	TO FIND OUT WHERE PLEASE REGISTER WITH ONE TO ONE

TO BECOME A ONE TO ONE MEMBER OR FIND

WWW.ONE-TO-ONE-ENFIELD.CO.UK

MAIL@ONE-TO-ONE-ENFIELD.CO.UK

020 3971 3984



We support Enfield residents who are:

- ✓ **18+ including older adults**
- ✓ **Living with health conditions**
- ✓ **Experiencing sensory loss**
- ✓ **Managing mental health**
- ✓ **Neurodivergent**
- ✓ **Feeling lonely or isolated**

SIGN UP TODAY!



www.ucanenfield.co.uk

For further information:

Call: 0208 375 4120

Email: ucanenfield@ageukenfield.org.uk

UCAN Enfield Benefits – What do I get?

- ✓ A session to set goals and wellbeing plan
- ✓ 6 weeks of free exercise sessions
- ✓ Free nutrition talks and cooking sessions
- ✓ Regular check-ins to track your progress
- ✓ Information on health conditions, activities & self-care
- ✓ Access to our new health & wellbeing app (coming soon)



SIGN UP TODAY!

www.ucanenfield.co.uk

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