



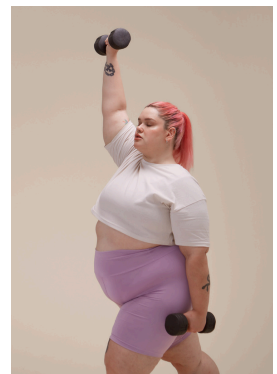
CLOSED FOR CHRISTMAS
22ND DECEMBER-
4TH JANUARY

December 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 2 ND DECEMBER
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.

FESTIVE EAT WELL FOR BRAIN HEALTH

WHEN	WEDNESDAY 17 TH DECEMBER
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.

HEALTHY COOKING FOR FESTIVE PARTY

WHEN	5 TH DECEMBER
	12 TH DECEMBER
	19 TH DECEMBER
TIME	10.30AM - 12.30PM
WHERE	PYMMES PARK VISITOR CENTRE EDMONTON N18 1SA

JOIN OUR COOKING CLASS AND LEARN QUICK, TASTY WAYS TO MAKE YOUR FESTIVE DISHES HEALTHIER-WITHOUT LOSING THE FUN OR FLAVOUR.

FESTIVE HEALTHY EATING

WHEN	TUESDAY 9 TH DECEMBER
TIME	1:00 PM - 2:30 PM
WHERE	ST ALDHELMS CHURCH HALL 2 WINDMILL RD, LONDON N18 1PA

INTERACTIVE & SUPPORTIVE HEALTHY EATING COOKING SESSIONS LEARN TASTY WAYS TO MAKE HEALTHIER FESTIVE DISHES DELICIOUS.

NUTRITION

BOOKING IS ESSENTIAL

SEASONAL HEALTHY COOKING CLASSES

WHEN	3 RD DECEMBER
	10 TH DECEMBER
	17 TH DECEMBER
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**.

FESTIVE TREATS

WHEN	19 TH DECEMBER
TIME	10 - 11:30 AM
WHERE	COOKING CHAMPIONS, ST MATTHEW'S CHURCH HALL, SOUTH ST, PONDER END, EN3 4LA

HANDS-ON SESSIONS WHERE YOU'LL MAKE SOME FESTIVE TREATS



CHRISTMAS TREATS- BRING CHILDREN/ GRANDCHILDREN

WHEN & TIME	FRIDAY 19TH: 12:30 - 2 PM
	SATURDAY 20TH: 10 - 11:30 AM
WHERE	COOKING CHAMPIONS, ST MATTHEW'S CHURCH HALL, SOUTH ST, PONDER END, EN3 4LA

INTERGENERATIONAL SESSION BRING UP TO TWO CHILDREN (AGED 5+) ENJOY A FUN HOLIDAY ACTIVITY WHERE YOU'LL MAKE SOME CHRISTMAS TREATS TOGETHER

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

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CHRISTMAS
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4TH JANUARY**

BOOKING IS ESSENTIAL

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QR CODE OR **CALL:** 0208 375 4120
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ST ALDHELMS

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



TUESDAY
11:30 - 12:15 PM

REGGAETIVITY

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

WEDNESDAY
11:00 - 11:45 AM

**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
12:00 - 12:45 PM

**STRENGTH
CIRCUIT**

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

THURSDAY
3PM - 4PM

PILATES

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

NEW**ST PETERS CHURCH HALL**

VERA AVENUE

N21 1DN

THURSDAY
1:30 - 2:15 PM**STRENGTH AND**
TONEUSING RESISTANCE BANDS AND
BODYWEIGHT EXERCISES SEATED OR
STANDING.**SOUTHBURY LEISURE**
CENTRE192 SOUTHBURY RD,
ENFIELD EN1 1YP**WEDNESDAY**
2.15 - 3 PM**STRENGTH**
CIRCUITA 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**5TH DECEMBER**TIME**

10:30 AM - 12:30 PM

WHERE**PYMMES PARK VISITOR**
CENTRE
EDMONTON
N18 1SA**ARTS & CRAFTS****WHEN**5TH DECEMBER
12TH DECEMBER**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 4120****UCANENFIELD@AGEUKENFIELD.ORG.UK**

OUR PARTNERS



SLEEP SUPPORT LEARN PRACTICAL TECHNIQUES ADJUST & IMPROVE SLEEP PATTERNS

WHEN	THURSDAY 11TH DECEMBER
TIME	11AM - 1 PM
WHERE	@275 FORE ST, EDMONTON N9 0PD

TO BOOK PLEASE EMAIL:
WELLBEINGLEARNING@MINDEB.ORG.UK OR
LEAVE A MESSAGE: 0208 906 7504
WWW.MINDEB.ORG.UK

DIGITAL ART

WHEN	FRIDAY 19 TH DECEMBER
TIME	12 - 3 PM
WHERE	WELLBEING CONNECT SERVICES 215 FORE STREET, EDMONTON N18 2TZ

TO BOOK OR FOR MORE INFO:
INFO@WELLBEINGCONNECTSERVICES.ORG
[020 8803 2200](tel:02088032200)
WWW.WELLBEINGCONNECTSERVICES.ORG



VIP SOCIAL MIDDLESEX ASSOCIATION FOR THE BLIND

WHEN	TUESDAY 2 ND DECEMBER
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](tel:07858311410)
WWW.AFTB.ORG.UK



WALKING GROUP (FOR ONE TO ONE MEMBERS ONLY)

WHEN	4 TH DECEMBER 11 TH DECEMBER 18 TH DECEMBER
TIME	12 - 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](tel:02039713984)



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!

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