

# OLDER ADULTS PHYSICAL ACTIVITY TIMETABLE

The Better Community Sport programme is delivered in partnership with Royal Borough of Greenwich to provide physical activity & sport in the community.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>60+ Chair based exercise</b> <b>10:00am-11:00am</b> <b>£2</b>  Halton Court, 2 Saundby Ln, London SE3 9ER	<b>Chair Based Exercise</b> <b>9:30am-10:30am</b> <b>FREE</b>  Ann Stroud Court, 80 Eltham Road, SE12 8UA	<b>Chair Based Exercise</b> <b>1:00pm-2:00pm</b> <b>£2</b>  Slade Community Hall Pendrell Street, SE18 2PQ	<b>Chair Based exercise</b> <b>10:00am-11:00am</b> <b>£2</b>  Bentham Court 2-4 Station Way SE18 6FJ	<b>Older Adults Keep Fit</b> <b>10:00am-11:00am</b> <b>FREE</b>  Caribbean Social Forum Online: Zoom
<b>60+ Sports and Social Activities</b> <b>10:00am-12:00pm</b> <b>£2</b>  Waterfront Leisure Centre, SE18 6DL			<b>Sporting Memories Coffee Mornings</b> <b>11:00am-12:00pm</b> <b>FREE</b>  Woolwich Library SE18 6HQ	
<b>Gentle Fitness</b> <b>11:00am-12:00pm</b> <b>FREE</b>  Titmuss Avenue Baptist Church, 85 Titmuss Ave, London SE28 8DJ			<b>Chair Based exercise</b> <b>11:45am-12:45pm</b> <b>£2</b>  Mandela House2 Pendrell St, London SE18 2PQ	
<b>Walking Netball</b> <b>11:45am-12:45pm</b> <b>FREE</b>  New Charlton Community Centre, 217 Maryon Rd, London SE7 8DB			<b>Chair Based exercise</b> <b>2:00pm-3:00pm</b> <b>£2</b>  Walpole Place, London SE18 6TW	

For more information on the programme, please email [RBGSportdevelopment@gll.org](mailto:RBGSportdevelopment@gll.org)  
[better.org.uk/greenwich-sport-development](https://better.org.uk/greenwich-sport-development)



@gllsportsdev\_rbg



@BetterGreenwich

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