

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
<p>60+ Chair based exercise 10:00am-11:00am £2</p> <p>Halton Court, 2 Saundby Ln, London SE3 9ER</p>	<p>Chair Based Exercise 9:30am-10:30am FREE</p> <p>Ann Stroud Court, 80 Eltham Road, SE12 8UA</p>	<p>Older Adults Swimming 1pm-2pm</p> <p>Eltham Centre 2 Archery Rd, London SE9 1HA</p>	<p>Chair Based exercise 10:00am-11:00am £2</p> <p>Bentham Court 2-4 Station Way SE18 6FJ</p>	<p>Older Adults Keep Fit 10:00am-11:00am FREE</p> <p>Caribbean Social Forum Online: Zoom</p>
	<p>Older adults swimming 11:00am - 12:00pm £1</p> <p>Waterfront Leisure Centre, SE18 6DL</p>		<p>Sporting Memories Coffee Mornings 11:00am-12:00pm FREE</p> <p>Woolwich Library SE18 6HQ</p>	
	<p>Older Adults Swimming 1pm-2pm</p> <p>Eltham Centre 2 Archery Rd, London SE9 1HA</p>		<p>Chair Based exercise 11:45am-12:45pm £2</p> <p>Mandela House 2 Pendrell St, London SE18 2PQ</p>	
			<p>Chair Based exercise 2:00pm-3:00pm £2</p> <p>Walpole Place, London SE18 6TW</p>	

For more information on the programme, please email RBGSportdevelopment@gll.org
better.org.uk/greenwich-sport-development



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398

