

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
60+ Sports and Social Activities 10:00am-12:00pm £2 Waterfront Leisure Centre, SE18 6DL	Chair Based Exercise 12:30pm-1:15pm FREE Slade Community Hall Pendrell Street, SE18 2PQ	Chair Based Exercise 1:00pm-2:00pm £2 Slade Community Hall Pendrell Street, SE18 2PQ	Chair Based exercise 10:00am-11:00am £2 Bentham Court 2-4 Station Way SE18 6FJ	Older Adults Keep Fit 10:00am-11:00am FREE Caribbean Social Forum Online: Zoom
Walking Netball 11:45am-12:45pm FREE New Charlton Community Centre, 217 Maryon Rd, London SE7 8DB	Seated Pilates 12:15pm-1:15pm FREE The Moorings, Thamesmead, London SE28 8BG	Chair Based Exercise 2:00pm-3:00pm FREE Lakeview Court, Central Way, London SE28 8GL	Sporting Memories Coffee Mornings 11:00am-12:00pm FREE Woolwich Library SE18 6HQ	
			Chair Based exercise 11:45am-12:45pm £2 Mandela House2 Pendrell St, London SE18 2PQ	
			Chair Based exercise 2:00pm-3:00pm £2 Walpole Place, London SE18 6TW	

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

