

**FEEL
GOOD!**

Activities for Older Adults

Elders Voice Centre, Kensal Green

Singing Group

Monday, 11:00-12:00

A relaxed singing group where we sing songs we love along to piano accompaniment. Free.

STARTS
19 Jan '26

Yoga

STARTS
20 Jan '26

Tuesday, 10:00-11:00

An exercise class that combines physical poses done on a mat. £4 per class.

Zumba Gold

Wednesday, 11:00-12:00

A Latin dance & aerobics class that combines various dance moves. £4 per class.

Drop-in

Thursday, 10:30-12:00

A welcoming drop-in for retirees who want to spend time with others. Free.

Art Club

STARTS
19 Jan '26

Monday, 13:30-14:30

An arts & crafts session where we try our hand at different art forms. £2 per class.

Chair Yoga

Tuesday, 12:00-13:00

A gentle, seated exercise class with easy to follow movements and stretches. £4 per class.

Weight Training

Wednesday, 14:30-15:30

A weight training class that targets different areas of the body. £4 per class.

Day Centres

Mon, Tues & Thurs

Companionship for older adults and respite for carers. Enquire for times & prices.

For people aged 55 & over. To book your place please call:

020 8206 7502 / email: info@eldersvoice.org.uk or just turn up.

Address: Elders Voice, 181 Mortimer Road, Kensal Green, NW10 5TN.



At **Singing Group** we learn to sing the pop songs we love. Singing can help strengthen the immune system & releases happy hormones in the body. This group is suitable for people who love to sing!

At **Art Club** we explore our creative side and try different art forms such as collage, stencilling & sculpture. Making art can help reduce stress and boost your brain health. No experience needed.



Yoga uses a series of physical poses and deep breathing techniques that help increase flexibility, strength & balance, and relax the mind. Suitable for beginners or those returning after a break.

Chair Yoga uses a series of physical poses done whilst seated, that help improve flexibility and mobility, making daily activities easier. This class is suitable for people with limited mobility.



Zumba Gold combines various dance moves including those from salsa & mambo. It helps improve heart health, muscle strength & coordination. Suitable for people who like to dance!

Weight Training focuses on strengthening different parts of the body using dumbbells and resistance bands. It helps strengthen bones, build muscle mass & reduce type 2 diabetes risk.



The **Drop-in** is a sociable place where you can enjoy spending time with others, chatting, board games, indoor sports, arts & crafts, refreshments and friendly staff. For people aged 65+.