

**FEEL  
GOOD!**

# Activities for Older Adults

Elders Voice Centre, Kensal Green

## **Singing Group**

**STARTS**  
19 Jan '26

Monday, 11:00–12:00

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

## **Yoga**

**STARTS**  
20 Jan '26

Tuesday, 10:00–11:00

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

## **Chair Yoga**

Tuesday, 12:00–13:00

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

## **Zumba Gold**

Wednesday, 11:00–12:00

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

## **Weight Training**

Wednesday, 14:30–15:30

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

## **Drop-in**

Thursday, 10:30–12:00

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

## **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](mailto:info@eldersvoice.org.uk) or just turn up.

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

Turn overleaf!



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+.