



Haringey
Circle

Programme of activities and events

June 2023



SUPPORTED BY
MAYOR OF LONDON

How to book

Call: **020 3196 1894**

Email: **hello@haringeycircle.com**

Website: **www.haringeycircle.com**

Payment will be taken using your debit/credit card unless the activity is free or run by a third party.

Activities are colour coded:

Event

Talks, discussions, coffee mornings, quizzes and more.

Learning

Classes, workshops, lectures and new skills.

Get Active

Keep fit, swimming, walking and other physical activity.

Experience

Tours, exhibitions, theatre visits, day trips etc. and more.

Social

Get togethers, lunches, pub visits, telephone circles and more.



= A Haringey Circle host/tutor will be present.



= Requires advance booking.



= Places are limited.

Wellness Walk at Alexandra Palace Park



Every Monday / 10am to 11am

FREE

Join the Haringey Wellbeing Walks team for a circular 30-45 minute walk around the iconic Alexandra Palace Park. For further details, contact Anita on 07973 571 921.



Meeting Point: Bottom gates of Alexandra Palace Way - by Safestore, N8 7HP.

Bingo at Tottenham Green Leisure Centre



Every Monday / 2pm to 4pm

£10

Join Circle friends for our weekly Bingo session at Fusion's Tottenham Green Pools & Fitness Centre. It's £1 per game. Come along, have fun and win one of the many cash prizes



Venue: Tottenham Green Pools & Fitness, 1 Philip Lane Tottenham, N15 4JA.

Shape up with Spurs - Yoga / Pure Stretch



Every Monday / 5pm to 6.15pm

FREE

Join Diana, with the Shape up Team for a relaxing hour of yoga and stretching. Increase flexibility and feel in touch with your body in this low impact, online class.



Venue: Online, Please contact us for registration information.

Chair Exercise with Candy



Every Tuesday / 2pm to 3pm

CASH £5

Join Candy for a low impact workout. Improve flexibility, work out at your own pace, and get the endorphins flowing!



Venue: Goan Community Centre, Keston Road, Tottenham, N17 6PW.

Dance Classes with Candy



Every Tuesday / 3pm to 4pm

CASH £5

Would you like to exercise and have fun at the same time? Join Candy for a dance class and learn basic routines that will get you to move and groove.



Venue: Goan Community Centre, Keston Road, Tottenham, N17 6PW.

Shape Up with Spurs - Chair Exercise



Every Tuesday / 11am to 12pm

FREE

Join Belvin for a low impact exercise session focusing on movement while seated. Learn simple and fun ways to move more in the comfort of your home.



Venue: Online, Please contact us for registration information.

Wellness Walk at Bruce Castle Park

Every Wednesday / 1.45pm to 2.30pm

FREE

Join the Haringey Wellbeing Walks team for a circular 30-45 minute walk around the beautiful Bruce Castle Park. For further details, contact Anita on 07973571921.



Meeting Point: T on the Green Cafe, Bruce Castle Park Pavilion, Tottenham, N17 8NJ.

Shape Up with Spurs - Cathy's Yoga



Every Wednesday / 11am to 12pm

FREE

Join the Shape up with Spurs team for a more advanced yoga class. Some knowledge of yoga is encouraged as these poses may be a bit trickier for beginners.



Venue: Online, Please contact us for registration information.

Gardening at Wolves Lane Centre



Every Thursday / 10am to 1pm

FREE

Members get to work on a variety of important projects at the Centre, from looking after plants to packing fruit and veg boxes for local residents. Free lunch provided.



Venue: Wolves Lane Garden Centre, Wolves Lane, N22 5JD.

Connecting Well / Nature Walk



Every Friday / 10am to 11am

FREE

Come and join us for age-friendly and pleasant walks in Lordship Rec. Enjoy what is happening in nature and meet new people. No need to pre-book.



Meeting Point: Outside Lordship Hub, Lordship Recreation Ground, Higham Road, N17 6NU.

Telephone Friendship Circles



Every Friday / 11am to 12pm

FREE

Stay social regardless of how mobile you are and join us for a weekly telephone coffee morning. Chat with other members of Haringey Circle and make friends.



Venue: Take part in the comfort of your own home! We'll just give you a call when the circle is about to start.

Connecting Well / Cycling lesson



Every Friday / 11am to 11.45am

Join this cycling lesson to learn how to ride a bike or improve your cycling skills with an experienced instructor. We can provide you with a bike. Pre-booking required.



Meeting point: Outside Lordship Hub, Lordship Recreation Ground, Higham Road, N17 6NU.

Beginners Spanish Class



Every Friday / 1pm to 2pm

FREE

Join Naomi and Circle members for this friendly online class.

You'll need internet access on a computer/laptop or tablet and a pen and paper.



Venue: On the internet using Zoom from your home. Book your place, and we will send you all the details.

Shape-Up with Spurs - Beginners Pilates



Every Friday / 1.30pm to 2.30pm

FREE

Join Diana for a beginners pilates class. Learn breathing techniques while improving flexibility in a relaxed space, at your pace.



Venue: Online, Please contact us for registration information.

Circle Online Quiz time



Every Friday / 5pm

FREE

Join us for our Online Quiz Time event every Friday! It is a multiple-choice, general knowledge quiz and takes approximately half an hour to complete.



Venue: On the internet, from the comfort of your home. Book your place, and we will send you all the details.

LSO Lunch Time Concert



Friday 2nd June / 12pm

FREE

Join Georgina for an afternoon of music with the London Symphony Orchestra. Enjoy this relaxed and friendly concert within the beautiful St Luke's church.



Venue: Jarwood Hall, St Luke's, 161 Old Street, London, EC1V 9NG.

NHS Mental Health Workshop



Monday 5th June / 10am to 11.30am

FREE

Join Georgina and Circle friends for a mental health workshop from the IAPT Team. Learn how to recognise and address stressors and where to find further help.



Venue: Tottenham Town Hall, Town Hall Approach Road, Tottenham, N15 4RX.

Bring and Share a Dish

Wednesday 7th June / 12.30pm to 2pm

Join the Circle team for a shared lunch. Show off your cooking skills and enjoy the dishes of fellow members. "Let food be thy medicine, and let medicine be thy food."



Venue: Tottenham Town Hall, Town Hall Approach Road, Tottenham, N15 4RX.

London: Change, Opportunity, Vision



Friday 9th June / 3pm

FREE

Join Georgina to view a changing London over the last 20 years through scale models. Learn how London city planning aims to make a better city for all.



Venue: The London Centre, 3 Aldermanbury, London, EC2V 7HH.

Highgate Fair in the Square

Saturday 10th June / 12.30pm to 5.30pm

FREE

Enjoy a village-like fair in leafy Highgate for their annual celebration of local talent and community. Activities range from sheep shearing to stilt walkers.



Venue: Pond Square, Highgate, N6 6BS.

Stroke Survivor Peer Support Circle



Monday 12th June / 11.30am to 12.30pm

FREE

Join Circle friends for a peer support group focusing on surviving strokes and recovery. These are very informal meeting and a chance to share with others who understand.



Venue: Tottenham Town Hall, Town Hall Approach Road, Tottenham, N15 4RX.

History Walks with Oonagh - Markfield Park



Wednesday 14th June / 11am to 12.15pm

FREE

Learn about the history of this ever changing part of London in a relaxed 45 minute walk led by the wonderful Oonagh. Learn something new or just enjoy the lovely time outside!



Meeting Point: Outside Tottenham Hale Underground Station, Tottenham, N17 9FD.

Cake and Coffee Meeting



Wednesday 14th June / 2pm to 3pm

FREE

Join the Circle team for a relaxed get together with hot drinks and cake. This is a great place to meet other members and chat with the Haringey Circle team.



Venue: Tottenham Town Hall, Town Hall Approach Road, Tottenham, N15 4RX.

Sewn Together: Fun Friday!



Friday 16th June / 1.30pm to 2.30pm

FREE

Join the Sewn Together team for a DIY pampering session and learn how to make natural 'lotions and potions' using household ingredients and essential oils.



Venue: Chestnuts Community Centre, 280 St Ann's Road, Tottenham, N15 5BN.

Arthritis Peer Support Circle Meeting



Monday 19th June / 11.30am to 12.30pm

FREE

Join Circle friends for a peer support group focusing on arthritis. This will be the first meeting and will set out the scope of future sessions.



Venue: Tottenham Town Hall, Town Hall Approach Road, Tottenham, N15 4RX.

Tour of Hunterian Museum



Tuesday 20th June / 1.30pm to 2.30pm

FREE

Join Georgina to tour the recently reopened Hunterian Museum. Explore the history of medicine and surgery through anatomical specimens. Not for the squimish.



Venue: The Royal College of Surgeons of England, 38-43 Lincon's Inn Fields, London, WC2A 3PE.

Dementia Friendly Drop In



Wednesday 21st June / 11am to 12.30pm

FREE

Join the Reach and Connect Team for conversation and fun with this coffee morning focusing on sensory activities and having a laugh.



Venue: Chestnuts Community Centre, 280 St Anne's Road, Tottenham, N15 5BN.

Lunch at The Mossy Well



Friday 23rd June / 1pm to 4pm

£TBC

Catch up with Circle friends and enjoy a delicious meal at the Mossy Well pub in Muswell Hill. Our lunch events are always popular, so booking is essential.



Venue: The Mossy Well, 258 Muswell Hill Broadway, Muswell Hill, N10 3SH.

North London Blockorama

Saturday 24th June / 12pm to 8pm

FREE

Enjoy music, food, and community at this steel drum festival, highlighting the best steel talent in London and the UK. Markets and DJs too, fun for the whole family!



Venue: Lordship Recreation Ground, Lordship Lane, Tottenham, N17 6NU.

Sunday Roast



Sunday 25th June / 1pm to 4pm

£TBC

Enjoy a freshly prepared, delicious Sunday Roast at the Gilpins Bell pub amongst Circle friends. Our lunch events are always popular, so booking is essential.



Venue: The Gilpins Bell, 50-54 Fore Street, Tottenham/Edmonton borders, N18 2SS.

If you have an idea for an activity, or would like help organising something that others could get involved in, do get in touch.

We're open to all kinds of ideas and suggestions. We can also help you to set up something close to where you live.



**Contact us / Sign-up for activities
or membership**

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