



Haringey  
**Circle**

## Programme of activities and events

### March 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.

## Bingo at Tottenham Green Leisure Centre



Every Monday / 2pm to 4pm

CASH **£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 Foundation



Every Monday 5.30pm / Wednesday 10am

**FREE**

Join the Shape Up with Spurs yoga sessions to experience a fantastic form of activity that is widely known to boost your physical and mental health.



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

## Dance Classes with Candy 1



Every Tuesday / 2pm to 3pm

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.

## 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.

## Dance Classes with Candy 2



Every Thursday / 2pm to 3pm

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:** Hornsey YMCA, Elmfield Avenue entrance, 184 Tottenham Lane, Crouch End, N8 8SG.

## 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.

## Connecting Well / Cycling lesson



Every Friday / 11am to 11.45am

FREE

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.



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

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## 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.



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

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## Circle Online Quiz time



Every Friday / 5pm to 5.30pm

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.



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

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## Beginners Spanish Class



Every Friday / 5pm to 6pm

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.



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

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## Coffee Morning at the Town Hall



Wednesday 1st March / 2pm

FREE

Join us for an afternoon of chatting and Biscuit eating till your hearts content.

All you have to do come chat with circle friends!



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

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## Talk on the Menopause



Wednesday 8th March / 4.30pm

FREE

Hosted by our CEO, an Inspiring talk about the Menopause with Women in Haringey - How to recognise changes and what help and support is available.



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**Venue:** Hornsey Library, Haringey Park, Crouch End, N8 9JA.

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## NHS Mental Health Workshop



Friday 10th March / 2pm

FREE

Join Caroline and Circle friends for an afternoon of relaxation tips and techniques on how to manage your mental health and overwhelming feelings.



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

## Queer Britain Exhibition



Thursday 16th March / 2pm

FREE

Join Georgina for a tour of the Queer Britain Museum, covering 100 years of LGBTQ+ history and activism in the UK. Followed by coffee at a local coffee shop.



**Meeting point:** Granary Square, by the water fountains, Kings Cross, N1C 4AA

## Talk on the Menopause



Friday 17th March / 2.30pm to 3.30pm

FREE

Hosted by our CEO, an Inspiring talk about the Menopause with Women in Haringey - How to recognise changes and what help and support is available.



**Meeting point:** Wood Green Library, 187-197a High Road, Wood Green, N22 6XD

## Lunch at The Mossy Well, Muswell Hill



Friday 24th March / 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.

## Sunday Roast



Sunday 26th March / 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.



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

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## Dog Walking with Clare



Thursday 27th March / 10.30am to 11.30am FREE

Fancy a walk with Circle friends who have dogs? Join Clare to walk with your dog around Alexandra Palace, followed by the option to stay for a coffee at the Boating Lake Cafe.



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**Meeting point:** Meet at the Bedford Road Entrance near Alexandra Palace Station exit.

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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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