



Haringey
Circle

Programme of activities and events

November 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.

People Need Parks - Reggaeactivity



Every Monday / 2pm to 3pm

FREE

Have fun and get fit in Haringey's lovely green spaces. Enjoy this free dance session with a trained instructor.



Venue: Markfield Park, 43 Crowland Road, Tottenham, N15 6UL.

Shape up with Spurs - Yoga and 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.

People Need Parks - Outdoor Gym



Every Monday / 7pm to 8pm

FREE

Have fun and get fit in Haringey's lovely green spaces. Learn how to use the free gym equipment in local parks and gain confidence approaching exercise.



Venue: Hartington Park, 1 Stirling Road, Tottenham, N17 9UN.

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.

Chair Exercise with Candy



Every Tuesday / 2pm to 3pm

CASH £5

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



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

People Need Parks - Reggaectivity



Every Tuesday / 2.30pm to 3.30pm

FREE

Have fun and get fit in Haringey's lovely green spaces. Enjoy this free dance session with a trained instructor.



Venue: Chestnuts Park, St Ann's Road, Tottenham, N15 5BN.

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.

People Need Parks - Women's Hula Hoop



Every Tuesday / 3.45pm to 4.45pm

FREE

Have fun and get fit in Haringey's lovely green spaces. Improve balance and core strength in this women's only session



Venue: Chestnuts Park, St Ann's Road, Tottenham, N15 5BN.

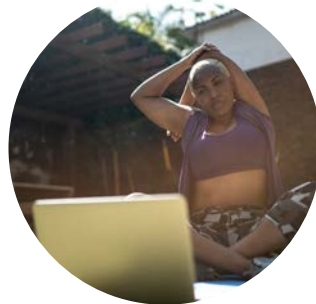
Shape Up with Spurs - Cathy's Yoga



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.

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.

People Need Parks - Women's Tennis



Every Wednesday / 3pm to 4pm

FREE

Join the Parks team for a game or two of tennis and some healthy competition. This session is women only.



Venue: Down Lane Park, 43a Park View Road, Tottenham, N17 9AU.

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.

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.



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.

Weekly Online Circle Quiz



Every Friday / 5pm

FREE

Join us for our weekly online quiz!
You can compete alone, or as part
of a team. Please contact us for the
online meeting link.



Venue: Online, Please contact us for registration
information: hello@haringeycircle.com

People Need Parks - Table Tennis



Every Friday / 6pm to 7pm

FREE

Practise or learn new skills with this
fun table tennis session by the Parks
Team. Enjoy the outdoors while
connecting with the community.



Venue: Brunswick Park, Brunswick Road, Tottenham,
N15 5DD.

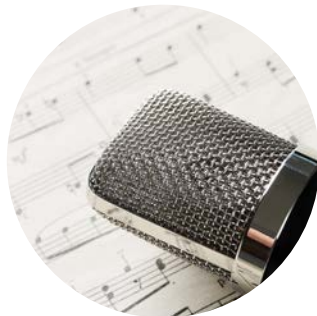
Coffee and Cake Concert



Wednesday 15th November / 2pm

FREE

Join the Circle team for at
Tottenham Town Hall for coffee,
cake and a short concert from
Lizzie who will be singing all your
favourite songs.



Venue: Tottenham Green Leisure Centre, 1 Philip Lane,
Tottenham, N15 4JA.

Charterhouse Christmas Fair



Sunday 22nd October / 12pm to 3pm

£7

The annual Charterhouse Christmas
Fair returns with over 40 stalls.
Expect crafts, gifts, housewares,
seasonal food and drink.
Booking essential, before 15/11/23:
hello@haringeycircle.com



Venue: The Charterhouse, Charterhouse Square
London, EC1M 6AN.

Lunch at The Mossy Well



Friday November 24th / 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 19th November / 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.

Southbank Winter Market



TBC / TBC

FREE

The Southbank Winter Market is now open. If you are interested in going as a group please email Caroline so we can agree a date:
hello@haringeycircle.com



Venue: The Queen's Walk, London, SE1 8XX.

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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