

The Sharp End enables you to be independent

If you come to The Sharp End you can try a wide variety of different classes designed to improve your physical and emotional well being.

There are classes for people of all abilities; from chair-based to more vigorous aerobics style workouts. Dance, relaxation and art classes also available.

For a fee of £18 for 12 weeks you can attend as many classes as you like.

Reasons why regular activities is beneficial to people over the age of 50

- Learn new things and keep the mental faculties active. Helps to delay memory loss
- Keeps your body healthy and wards off ill health
- Make positive changes to your well being by learning new things and keeping up with the grandchildren!
- Meet peers and enjoy the social atmosphere
- Be creative
- Opportunities to access information related to your needs
- Live independently for longer



'Keeps you stronger for longer'

Supporting people aged over 50 to be Healthy and Independent!



**11 Richmond Rd
London
E8 3HY
Tel 020 7923 8690
www.thesharp.org.uk**

The Sharp End Weekly Activities

Majority of classes held at our site, unless otherwise stated

Monday

10:30 - 12 Yoga (improvers) Class full

2 - 3 Chi Qong

2 - 3:30 Line Dancing Provost Hall,
Murray Grove N1

Tuesday

10 - 11 Movement & Stretching (Class full)

11 - 12 Gentle Body Works

11 - 12:30 Coffee Morning

12 - 1 SalsaJive

1:30 - 2:30 Crafty Crochet Knit

2 - 3:30 Exercise & Relaxation
Clifford Lawton, Whiston Rd N1

Wednesday

10 - 11 Keep—Fit

11:15 - 12:00 Laughter Yoga

12:00 - 1:30 Yoga for beginners

14:30 - 4 Bounce Back to Health

Thursday

9:45—10:45 Pilates for Beginners (Class full)

10 - 12 Art for Beginners (Class full)

11 - 12 Caribbean Quadrille

11 - 12 Gentle Exercise Salvation Army N1

2:30—4:00 Gentle Exercise with Singing

Friday

10 - 11 Gentle Exercise

Hawksley Court Hall, Albion Rd N16

12 - 1:00 Tai Chi

1:30 - 2:30 Tai Chi Beginners

2:30 - 3:30 African Pensioners Exercise

CLR James Library

PLUS we also offer **Healing** and **Reiki**, and have regular **Monthly Walks** to various places of interests.

The Sharp End has been the original over 50's activity/leisure centre since 1996.

The overall aim of The Sharp End (Senior Health & Active Retirement Project) is to maintain and improve the health of older people in City and Hackney .

We also aim to:

- Prevent and reduce disease.
- Identify and reduce stress and the promotion of good mental health.
- the combating of isolation and loneliness.
- providing a resource to enable people to have fun.
- supporting and empowering older people to improve the quality of their lives and specifically their health.

Registered charity no. 1054116