

HACKNEY NEW AGE GAMES PROGRAMME

New Age Games is a free sport and physical activity programme for Hackney residents aged 50 and over. The scheme's current winter term is running up to 19 March 2022.

It can help users increase and sustain exercise to recommended levels, which contribute to a healthy lifestyle. Activities include: water aerobics, Pilates, yoga, soca aerobics, table tennis, tennis, chair-based activity, badminton and more. A great way to socialise and learn new skills. To view the timetable and associated guidance visit: <https://hackney.gov.uk/new-age-games>. Alternatively contact Darren English on 0208 356 4897 or by email: darren.english@hackney.gov.uk

"How much I appreciate New Age Games. The water aerobics instructor (Vaneese) is wonderful and her class is helping me to overcome my illness. The music takes me back to my youth. Thank you" Judith Skinner (N16)