



This October, find out about local opportunities to stay active, socially connected, and fully supported to live healthy, happy lives.

October 2023 - activities in Kingston

In Kingston, a wide range of organisations are offering adults and older people the chance to rediscover a passion, enjoy a learning experience, exercise or meet others. This October, inspired by International Older People's Day (1st Oct), World Arthritis Day (12th Oct) and World Osteoporosis day (20th Oct), we are celebrating these activities and organisations.

Please see the timetables below to find an activity that might interest you. Do turn up and try something new, make connections or visit somewhere fresh this Autumn!

* Events may be subject to change, always check with the organiser. All events are free unless stated

MONDAY

DATE	TIME	ACTIVITY	LOCATION	COST	CONTACT
Monday, 16th October	11am-2pm drop in	<p>Staywell drop-in sessions- simple taster exercises</p> <p>Information session run by Staywell, to include some activity tasters, such as Qigong (similar to Tai Chi).</p>	Raleigh Centre, 14 Nelson Rd, New Malden KT3 5EA	Free	Clair Jardella, Day Services Manager Staywell Services 020 8942 8256
First Monday of every month	12pm	<p>The Pain Connection UK</p> <p>We are a patient led self-help support group for people living with chronic pain. Our relaxed and informal group meetings usually begin with tea/coffee and a chat. Our group is a safe space where we share our experiences, coping mechanisms and offer peer support. This is followed by a short mindfulness session and a gentle stretch session for those who wish to participate.</p>	St Paul's Church, The Tabora Room, Queens Road, Kingston upon Thames, KT2 7SF.	First meeting free £5 monthly membership £15 yearly membership	Email: thepainconnectionuk@outlook.com
Second Monday every month	12pm	<p>The Pain Connection UK</p> <p>Seated yoga- Monday 9th October at 12pm-12:30pm</p>	Bushy Park Sports Pavilion Pavilion Rd, Queen's Rd, Teddington TW11 0EL	First meeting free £5 monthly membership £15 yearly membership	Email: thepainconnectionuk@outlook.com

TUESDAY

DATE	TIME	ACTIVITY	LOCATION	COST	CONTACT
Every Tuesday	9:45am-10:45am	<p>Cardiac Rehab (phase 4) sessions</p> <p>This is a community based exercise programme that offers a safe and friendly environment for exercise if you have had: A heart attack, a heart procedure or heart surgery. <u>A GP referral is required.</u></p>	Malden Centre gym Blagdon Rd New Malden KT3 4TA	£6.50 New starters are welcome	jasonfaramus@pfpleisure.org Malden Centre number: 020 8336 7770
Every Tuesday	2pm-3pm	<p>Seated Exercise Class</p> <p>Very low intensity workout aimed at people wanting to improve strength and posture. Exercise bands are used within the session to increase strength for people who are coming back to exercise following operations or illness.</p>	Malden Centre Gym Blagdon Rd New Malden KT3 4TA	£4.20 per class	https://connectedkingston.uk/services/chair-based-exercise-class
Every Tuesday	11am-12:45pm	<p>The Sisterhood Choir</p> <p>This choir is open to all women. There is no audition or minimum standard requirement; the songs are accessible to all abilities and are a mix of musical styles and genres. You will receive a very warm welcome and quickly feel at home.</p> <p>You are welcome to stay for lunch after the session.</p>	KingsGate Church 161A Clarence St, KT1 1QT	Free	https://connectedkingston.uk/services/sisterhood-choir
Tuesday 17th October	11:30am-12:15pm	<p>Pilates with Danielle</p> <p>Gentle Pilates class for beginners.</p>	St George's Church, Hamilton Avenue, Tolworth, KT6 7PT	Free	Booking required- pilateswithdany@gmail.com

Every Tuesday	Meet at 10:30am; walk is for 60-70 minutes	<p>Walks in Kingston - Richmond Park Walk</p> <p>This walk is for anyone who would like to improve their physical and mental wellbeing and enjoy the added benefit of exercising outdoors.</p> <p>The walk finishes at Pembroke Lodge.</p>	Richmond Gate entrance to Richmond Park, Richmond Hill TW10 5HU – meet inside gate on the grass area.	Free	For more information: www.richmond.gov.uk/health_walks
Every Tuesday	1pm-2pm	<p>Yoga with Silverfit</p> <p>These yoga sessions aim to help the strengthening of bones, reduce stress, improve sleeping habits and flexibility as well as alleviate aches and pains</p>	Canbury Pavilion, Canbury Gardens, Lower Ham Rd, Kingston upon Thames KT2 5AX	£3 per session- booking required on TicketTailor	<p>Contacts: clare@silverfit.org.uk eddie@silverfit.org.uk</p> <p>Website: https://www.silverfit.org.uk/kingston/</p> <p>Booking: https://www.tickettailor.com/events/silverfitcharity/886389</p>
Every Tuesday	12:45-2pm	<p>Nordic Walking with Silverfit</p> <p>Equipment provided</p>	Canbury Pavilion, Canbury Gardens, Lower Ham Rd, Kingston upon Thames KT2 5AX	£3 per session- booking required on TicketTailor	<p>Contacts: clare@silverfit.org.uk eddie@silverfit.org.uk</p> <p>Website: https://www.silverfit.org.uk/kingston/</p> <p>Booking: https://www.tickettailor.com/events/silverfitcharity/886428</p>
Tuesday-fortnightly (3rd and 17th October)	11:30am-12:15pm	<p>Walk Berrylands</p> <p>Walking groups are a perfect way to explore the local area, enjoy being in the outdoors and meet others who want to do the same thing.</p> <p>Anita is the walk leader and you will be joining a friendly and welcoming group.</p>	Text Anita to register and receive details of the walk meeting points.	Free	<p>Please text Anita for details of the walk meeting points and to register.</p> <p>Telephone 0771960 5604</p>

		Suitable for all abilities and lasting up to 30 minutes.			
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WEDNESDAY

DATE	TIME	ACTIVITY	LOCATION	COST	CONTACT
Every Wednesday	10:30am-11:30am	<p>Strength and Balance class This will improve your strength, balance, mobility and posture with this low intensity, but highly adaptable class. All are welcome</p> <p>Participants are required to fill in a health questionnaire before commencing.</p>	Chessington Sports Centre, Garrison Lane, KT9 2JS	£3-pay as you go No booking required	Contact chessington.sportscentre@kingston.gov.uk or 020 8974 2277
Every Wednesday	12:30pm-1:30pm	<p>Weekly Walk Kingston Health Centre run a weekly walk on a Wednesday lunchtime for 1 hour from 12.30pm. Meet outside the front of the practice.</p> <p>All are welcome to join- there is no need to be registered at the practice. The walk is led by Hildegard, one of our Health Care Assistants.</p>	Kingston Health Centre, 10 Skerne Road Kingston Upon Thames KT2 5AD	Free	https://kingstonhealthcentre.nhs.uk/ Email: KHCadmin@nhs.net Telephone: 020 8549 4747
Every Wednesday	10:30am-12pm	<p>Tolworth World of Dance Folk Dancing for Fun, Fitness & Friendship. No partner needed.</p>	St George's Church Hamilton Ave, Tolworth, Surbiton KT6 7PT	£5 per class. 1st class is FREE.	For details call 020 8397 9649
Wednesday, 4th October	10am-12pm	<p>Living well with sight loss In this workshop we will touch on understanding the emotional impact of living with sight loss, the support services available, benefits and concessions, tips and tricks to adapt in</p>	Kingston Association for the Blind Kingston Quaker Centre Fairfield East	Free , but places are limited. Advanced booking essential.	Kab@kingstonassociationforblindn.org tel: 020 8605 0060

		<p>everyday living, getting out and about, adapted technology, hobbies, employment and staying active.</p> <p>For people who have low vision, visually impaired or blind and their families and carers who want to understand how better to support a family members of patient with low or no vision.</p>	Kingston KT1 2PT		
Wednesday, 11th October	11am-2pm drop in	<p>Staywell drop-in sessions- simple taster exercises</p> <p>Information session run by Staywell, to include some activity tasters, such as Qigong (similar to Tai Chi).</p>	Raleigh Centre, 14 Nelson Rd, New Malden KT3 5EA	Free	Clair Jardella, Day Services Manager Staywell Services 020 8942 8256
Wednesday 11/10/23	2.15 - 3.45pm	<p>Practical Ideas for Happier Living Taster: Kingston Adult Education are running a taster session of this hugely popular and successful course, which has been written in conjunction with Action for Happiness.</p> <p>This course will help you with tips and techniques to maintain good mental health and wellbeing and allow you to cope better with life's many challenges.</p>	The Hook Centre, Chessington	Free	To secure a place, please email adult.education@kingston.gov.uk to receive the booking link.
Wednesday , 18/10/23	6.45pm - 8.15pm	<p>Relaxation and Meditation - Taster: a free online course run by Kingston Adult Education; designed to introduce you to our popular Relaxation and Meditation course.</p> <p>Participants will gain an overview of</p>	Online	Free	To apply, click on this link https://bit.ly/KAE-CLwell2324 and complete the relevant application form. Or contact adult.education@kingston.gov.uk

		relaxation and meditation techniques.			who will be able to help you with any queries about this taster.
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THURSDAY

DATE	TIME	ACTIVITY	LOCATION	COST	CONTACT
Every Thursday	12pm-1pm	Fit 4 Life: Low to moderate intensity exercise class to improve cardiovascular fitness, flexibility, mobility and strength throughout your life, no matter what your age and fitness levels are.	Tolworth Recreation Centre, Fullers Way North, Tolworth, KT6 7LQ	£4.20 per class- Get Active/ GP referral is required	eep.kingston@gmail.com
Every Thursday		Elders Empowerment Programme: For older Tamil people (over 50) in Kingston (not exclusively) to stimulate intellectual, social enjoyment and physical activities.	Shriraz Mirza Community Hall, 316A Malden Road, KT3 6AU.	Free	
Thursday, 12th October	10:30am-12:30pm	Self Management in Osteoarthritis: For World Arthritis day, Better Bones (Kingston's Public Health team) is running an open information session about osteoarthritis and how to look after your joints using lifestyle factors. No need to book ahead, just turn up on the day.	New Malden Library, 48 Kingston Road, KT3 3LY	Free	Contacts: swlicb.betterbones@nhs.net 0300 123 8086
Every Thursday	11am-11:45am	Indoor rowing with Silverfit These rowing sessions will be beneficial to those wanting to improve their posture and core strength. Rowing also helps to improve whole body strength and reduce the risk of falling.	Kingston Rowing Club, The Boat House, Lower Ham Rd, Kingston upon Thames, KT2 5AU	£3 per session- booking required on TicketTailor	Contacts: clare@silverfit.org.uk eddie@silverfit.org.uk Website: https://www.silverfit.org.uk/kingston/ Booking: https://www.tickettailor.com/eve

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Every Thursday	12pm	The Pain Connection Everyone is welcome, we would just need an email address or mobile number to send the invite link to.	Online via Zoom	First meeting free £5 monthly membership £15 yearly membership	Email: thepainconnectionuk@outlook.com

FRIDAY

DATE	TIME	ACTIVITY	LOCATION	COST	CONTACT
Friday, 6th October	11:15am-12:15pm	Face-to-face Pilates class The class is designed for all levels and abilities. It focuses on strength, flexibility, posture, with particular emphasis on core muscles and body alignment. Some exercises will be done in standing. Note: Please bring your own mat The classes will continue on the same date and time.	Emmanuel Church Hall, 1 Grand Avenue, Surbiton, KT5 9HU.	Free for new members	Aga Waszkielis - Pilates instructor and Sport Rehabilitator. https://www.berrylandspilates.co.uk/ aga@berrylandspilates.co.uk https://connectedkingston.uk/services/berrylands-pilates
Every Friday	11:15am-12:15pm	Bollywood Fusion with Silverfit Bollywood Fusion is fitness through a blend of Bollywood and other dance styles to suit all levels.	Room 21, Richard Mayo Centre, Kingston United Reformed Church, Eden Street, Kingston, KT1 1HZ	£3 per session- booking required on TicketTailor	Contacts: clare@silverfit.org.uk eddie@silverfit.org.uk Website: https://www.silverfit.org.uk/kingston/ Booking: https://www.tickettailor.com/eve

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Friday, 20th October	10am - 11am	<p>Strength & Balance class will be open for free for new members. The class is designed to strengthen muscles, improve bone health and balance and is suitable for people with osteoporosis, osteopenia and osteoarthritis. Accessible for all. All exercises will be performed while standing or sitting as necessary. Places are limited.</p> <p>The course will continue for 7 weeks from 30th October until 18 Dec on Mondays at 11 am at the same venue. Note: Please note there will not be class on 27th October. Cost £70 for 7 classes (1 class-£10)</p>	Emmanuel Church, 1 Grand Avenue, KT5 9HU	Free for new members	<p>Aga Waszkielis - Pilates instructor and Sport Rehabilitator.</p> <p>https://www.berrylandspilates.co.uk/</p> <p>aga@berrylandspilates.co.uk</p>
Friday, 20th October	10am- 12pm	<p>Osteoporosis and Bone Health: For World Osteoporosis Day, Better Bones (Kingston's Public Health team) is having an open information session about osteoporosis. We will discuss diet, exercise and lifestyle factors that affects our bones and how to keep them healthy and strong. no need to book ahead, just turn up on the day.</p>	Manor Park Hall, Malden road, New Malden KT3 6AU	Free	<p>Contacts: swlicb.betterbones@nhs.net 0300 123 8086</p>
Every Friday	1:45pm- 2:30pm	<p>Tai Chi with Michael- Silverfit For beginners who are new to Tai Chi</p>	Room 21, Richard Mayo Centre, Kingston United Reformed Church, Eden Street, Kingston, KT1 1HZ	£3 per session- booking required on TicketTailor	<p>Contacts: clare@silverfit.org.uk eddie@silverfit.org.uk</p> <p>Website: https://www.silverfit.org.uk/kingston/</p> <p>Booking: https://www.tickettailor.com/events/silverfitcharity/886447</p>

Every Friday	12:30pm-1:30pm	Tai Chi with Michael- Silverfit Intermediate- for those with some experience	Room 21, Richard Mayo Centre, Kingston United Reformed Church, Eden Street, Kingston, KT1 1HZ	£3 per session- booking required on TicketTailor	Contacts: clare@silverfit.org.uk eddie@silverfit.org.uk Website: https://www.silverfit.org.uk/kingston/ Booking: https://www.tickettailor.com/events/silverfitcharity/886458
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