

# SILVER WEEK

1-7 October 2018

Interested in **meeting new people** and finding out what's happening in the community?

Come and join in with **Barnet's Silver Week festivities**, which include a wide variety of activities for those *over 55*.

**Social activities \* Art exhibitions \* Coffee mornings \* Wellbeing workshops \* Health checks \* Exercise taster sessions \* Relaxing therapy treatments**

Visit [www.barnet.gov.uk/silverweek](http://www.barnet.gov.uk/silverweek) for a full schedule of all of the events and activities planned.

#BarnetOver55s #BarnetSilverSunday #BarnetSilverWeek



SILVER SUNDAY  
CELEBRATING OLDER PEOPLE

**BARNET**  
LONDON BOROUGH

# Silver Week 2018

Silver Sunday is an annual day of fun activities for over 55's across the UK. It celebrates the value and knowledge older people contribute to our communities while combating loneliness and isolation.



Working with voluntary and community sector partners this will be the fourth week long, annual celebration in Barnet.

Everyone can get involved, whether that's organising an event, spreading the word, or simply attending an activity.

There are plenty of activities and events for you to take part in throughout the year. For more information visit <https://vcs-database.barnet.gov.uk/#/> or [www.ageuk.org.uk/barnet/neighbourhood-services](http://www.ageuk.org.uk/barnet/neighbourhood-services)



**Events are free unless stated otherwise**

- North
- West
- South

For more information or to get involved email [preventionandwellbeing@barnet.gov.uk](mailto:preventionandwellbeing@barnet.gov.uk) or call 020 8359 2519 / 020 8359 7573

## Major Events

### **Showcase – with information and advice**

Tuesday 2 October 11am-3pm

Brent Cross Shopping Centre, Hendon, NW4 3FP

A celebration of our residents, with performances, demonstrations and information and advice.



### **The Spires**

Thursday 4 October 10am-4pm

The Spires Shopping Centre, Barnet EN5 5XY

A celebration of our residents, art exhibition, health checks and information and advice.



### **Afternoon Tea and Information Event**

Sunday 7 October 12.30-3.30pm

Woodhouse College, Woodhouse Road, N12 9EY

Barnet Seniors Assembly and London Borough of

Barnet Prevention and Wellbeing Team host

Afternoon Tea, with information and activities.



Wonderful event,  
highlight for  
many people  
who otherwise  
may be isolated.

Lovely to see  
so much  
energy and  
enthusiasm.

Had a very useful  
and fun time at the  
Afternoon Tea.  
Dad especially  
enjoyed the singing

## North

### Instructor-led health walk

Monday 1 October 9.30-10.30am (usual cost £2.80)  
Woodside Park, Totteridge to Laurel Way.

**Contact:** 020 859 6314 or [sport@barnet.gov.uk](mailto:sport@barnet.gov.uk)

**Visit:** [www.barnet.gov.uk/activity-on-the-move](http://www.barnet.gov.uk/activity-on-the-move)



### Community Consultation Meeting (Oakleigh)

Monday 1 October 11-12noon

St Andrews Medical Practice

50 Oakleigh Road North, N20 9EX

**Contact:** 020 8359 5704/[Siobhan.Martin@barnet.gov.uk](mailto:Siobhan.Martin@barnet.gov.uk)

### Art Exhibition

Monday 1 – Thursday 4 October 11am-3pm

Goodwin Court, 52 Church Hill Road, East Barnet, EN4 8FH

A celebration of our residents' art work

**Contact:** 020 8447 5300



### 50+ Dance Class

Tuesday 2 October 10am

Underhill Baptist Church, Elton Avenue, EN5 2EA.

**Contact:** 020 8675 7257 /Saracens Sports Foundation

### IT Surgery

Tuesday 2 October 10am

St Johns Sheltered Housing, Rasper Road, N20 0LU

### Reading Group

Tuesday 2 October 2-3pm

Chipping Barnet Library, 3 Stapylton Rd, EN5 4QT

**Contact:** 07801 911 481/[kathrynfulton@hotmail.com](mailto:kathrynfulton@hotmail.com)

### Skype and Social Media

Wednesday 3 October 1-3pm

Chipping Barnet Library, 3 Stapylton Rd, EN5 4QT



### **Instructor-led health walk**

Wednesday 3 October 9.30-10.30am (usual cost £2.80) Friary Park - Torrington Park (meet at gate in Torrington Park opposite Ashurst Way)

**Contact:** 020 8359 6314 or sport@barnet.gov.uk

**Visit:** [www.barnet.gov.uk/activity-on-the-move](http://www.barnet.gov.uk/activity-on-the-move)



### **50+ Dance Class**

Thursday 4 October 1pm

Lyonsdown Hall, 3 Lyonsdown Road EN5 1JB

**Contact:** 020 8675 7257 / Saracens Sports Foundation



### **Musical Afternoon Tea** £10 (Advanced Tickets Only)

Thursday 4 October 2-5pm

FIN, East Barnet Baptist Church, Crescent Rd EN4 8PS

Brass band, violin & piano duets and Classical/opera.

**Contact:** 020 8449 8225



### **'The History of Alms Houses' Talk**

Thursday 4 October 3pm

Anytime Fitness, 111 High St, Barnet, EN5 5XY

### **Coffee Morning**

Friday 5 October 10am-1pm

Rainbow Centre, 24 Dollis Valley Drive, EN5 2TS



### **Instructor-led health walk**

Saturday 6 October 9.30-10.30am (usual cost £2.80)

Woodside Park/Finchley Central – Southover

(meet at the entrance to Dollis Valley Walk opposite Chanctonbury Way)

**Contact:** 020 8359 6314 or sport@barnet.gov.uk

**Visit:** [www.barnet.gov.uk/activity-on-the-move](http://www.barnet.gov.uk/activity-on-the-move)

### **Instructor-led health walk**

Sunday 7 October 9-10am (usual cost £2.80)

Orange Tree Public House/Totteridge - Totteridge Lane (meet outside the Public House).

**Contact:** 020 8359 6314 or sport@barnet.gov.uk

**Visit:** [www.barnet.gov.uk/activity-on-the-move](http://www.barnet.gov.uk/activity-on-the-move)



# THE SPIRES

## Silver Week showcase

Thursday 4 October

10am - 4pm

The Spires Shopping Centre,  
111 High St, Barnet EN5 5XY.

Join the London Borough of Barnet and partners to find out more about what's happening in your community.

- **Art Exhibition** - works created by residents of local support housing/care homes
- **Health checks**
- **Exercise and fitness advice**
- **Information and Advice stalls**
- **Middlesex Association for the Blind  
Mobile Advice Unit**
- **Performances**
- **Talk on the History of Alms Houses (3pm)**  
Simon Smith and Jane Porter (Jesus Hospital Charity)

## West

### Hairdressing

Monday 1 to Friday 5 October 9am-4pm

Wella Salon, Barnet and Southgate College, 7 Bristol Avenue, Colindale NW9 5BR (**free appointments**)

Wash, blow dry, haircuts and sets, men and women.

**To book:** 020 3764 4750/[hairandbeauty@barnetsouthgate.ac.uk](mailto:hairandbeauty@barnetsouthgate.ac.uk)

### 50+ Dance Class

Monday 1 October 10am

Allianz Park, Greenlands Lanes, Hendon NW4 1RL.

**Contact:** 020 8675 7257 / Saracens Sports Foundation



### 50+ Dance Class

Monday 1 October 12.30pm

11 Eversfield Gardens, Mill Hill NW7 2AE.

**Contact:** 020 8675 7257 / Saracens Sports Foundation

### Healthy lifestyle Coffee Morning

Monday 1 October 2pm

Gadsbury Close, Mill Hill, NW7 7EZ.

**Contact:** Yvonne Smith 07949 423 413



### Reading Group

Tuesday 2 October 10.30-12noon

Burnt Oak Library, Watling Ave NW9 0UB.

**Contact:** 07801 911 481 / [kathrynfulton@hotmail.com](mailto:kathrynfulton@hotmail.com)

### Showcase with Information and Advice

Tuesday 2 October 11am-3pm

Brent Cross Shopping Centre,  
Prince Charles Drive, NW4 3FP.

**Contact:** Joyce Mbewe 020 8359 2519



### Oomph Free Exercise (Chair based exercise)

Wednesday 3 October 11.30am-12.30pm

Wood Court 1, South Road, Edgware, HA8 0BF

Lunch (£5.75 to be ordered prior to attending).

**Contact:** Janifa Diniz 020 8952 3357

[janifa.diniz@metropolitan.org.uk](mailto:janifa.diniz@metropolitan.org.uk)

### **Silver Week Seminar**

Wednesday 3 October 10.45am-1pm

Cophthall Leisure Centre, Champions Way, NW4 1PX

11-11.30am Prof Catherine Loveday, Age UK Barnet

11.30am-12pm Lesley Trenner, Life Coach

12-1pm Hearing screening and advice, Action on Hearing Loss.

**Contact:** [annalisa.cellini@gll.org](mailto:annalisa.cellini@gll.org) / 020 8457 9900

### **Active Generation**

Wednesday 3 October 2-4pm £3

Mill Hill Library, Hartley Ave NW7 2HX

Social afternoon with games, art, guest speakers and refreshments

**Contact:** NW7hub 020 8906 3125 / [www.nw7hub.org.uk](http://www.nw7hub.org.uk)

### **Reading Group**

Thursday 4 October 10.30-12noon

Colindale Library, 7 Bristol Ave, NW9 4BR.

**Contact:** 07801 911 481 / [kathrynfulton@hotmail.com](mailto:kathrynfulton@hotmail.com)



### **Let's get walking**

Thursday 4 October 11am

Edgwarebury Park, Edgwarebury Lane, HA8 8QJ

(meet at Edgwarebury Lane entrance).

**Contact:** 0208 359 5325 / [Joyce.Kamanu@barnet.gov.uk](mailto:Joyce.Kamanu@barnet.gov.uk)



### **Club Games**

Thursday 4 October 12noon

Burnt Oak Leisure Centre, Watling Avenue HA8 0NP

Taster sport sessions- Badminton, short tennis, table tennis, timed cycle and dominoes . Booking details: just turn up!

### **Singing for the brain – Tea Party**

Thursday 4 October 12.30-2.30pm

Eversfield Centre, 11 Eversfield Gardens NW7 2AE.

**Contact:** Alzheimer's Society 020 3725 3001

[/Barnet@alzheimers.org.uk](mailto:Barnet@alzheimers.org.uk)





### **Afternoon Tea**

Thursday 4 October 2.30-3.30pm  
Edgware Library, Hale Lane, HA8 8NN.

**Contact:** 0208 359 5325

[Joyce.Kamanu@barnet.gov.uk](mailto:Joyce.Kamanu@barnet.gov.uk)



### **Yoga Free Exercise**

Thursday 4 October – 11.30-12.30pm  
Wood Court 1, South Road, Edgware, HA8 0BF  
Lunch (£5.75 to be ordered prior to attending).

**Contact:** 020 8952 3357

[janifa.diniz@metroplolitan.org.uk](mailto:janifa.diniz@metroplolitan.org.uk)



### **Gentle Exercise**

Friday 5 October 10.30-11.30am  
One Stone Grove Community Centre, 5 Hayling Way HA8 8BN.

**Contact:** 020 8359 5325 /

[Joyce.kamanu@barnet.gov.uk](mailto:Joyce.kamanu@barnet.gov.uk)

### **Bollywood Dancing**

Friday 5 October 11-12.30pm  
Watling Community Centre, 145 Orange Hill Rd, HA8 0TR  
Have fun while exercising, great for balance and coordination  
Suitable for all abilities - Everyone welcome.

**Contact:** Age UK Barnet 020 8629 0269

### **Movement to Music/Coffee Morning**

Friday 5 October 11.15-12.30pm  
One Stone Grove Community Centre, 5 Hayling Way HA8 8BN.

**Contact:** 020 8359 5325 / [Joyce.Kamanu@barnet.gov.uk](mailto:Joyce.Kamanu@barnet.gov.uk)

### **Meditation and Massage**

Saturday 6 October 9.45-10.45am £2 Meditation/£3 Massage  
Community Hub, Gadwall House Perryfield Way, W9 7DZ  
Meditation plus a therapeutic chair mini massage to keep your  
mental, emotional and physical wellbeing in check.

**Contact:** Andrew Bindi 07702 532 946 /

[www.west-hendon.co.uk/community-hub](http://www.west-hendon.co.uk/community-hub)



# BRENT CROSS

## Silver Week showcase

Tuesday 2 October

11am-3pm

Brent Cross Shopping Centre, Centre Court  
Prince Charles Drive, NW4 3FP.

Join the London Borough of Barnet and partners to find out more about what's happening in your community.

- 11am Love to Move with Saracens Sport Foundation
- 11.15am "Rhythm in Barnet" with Barnet Mencap
- 12pm Love to Move with Saracens Sport Foundation
- 12.15pm Tai Chi with Age UK Barnet
- 1pm Bollywood Dance with Barnet Asian Women's Association
- 2pm Dance performance with GLL Better Leisure
- 2.50pm Dance performance with GLL Better Leisure

Throughout the day the Middlesex Association for the Blind Advice Unit will be in the car park providing advice and the opportunity to try out specialised equipment and technologies for inside the home and when out-and-about.

## South

### Art Exhibition

Monday 1- Friday 5 October 9.30am-4.30pm  
artsdepot, 5 Nether St, North Finchley N12 0GA  
Works created by residents of local care homes  
/ supporting living



### Blood Pressure Checks

Monday 1 October 9-10am Barnet Carers Centre  
3rd floor, Global House, 303 Ballards Lane, North  
Finchley, N12 8NP. To book 020 8343 9698  
[adultcarers@barnetcarers.org](mailto:adultcarers@barnetcarers.org)



### Over 50's Coffee Morning

Monday 1 October 10.45-12.45pm  
Childs Hill Library, 320 Cricklewood Lane NW2 2QE  
Residents of Childs Hill welcome. Light refreshments provided  
Contact: Granville Estates Residents Association.  
[granvilleresidentsx@gmail.com](mailto:granvilleresidentsx@gmail.com)



### The Pearly King of Finsbury – Entertainment

Monday 1 October 12-3pm  
“The Village” Royal British Legion, 1 St John’s Buildings,  
Friern Barnet Road, London N11 3DP.  
**Contact:** Pam Dobbins 07860 573 103  
Drinks and Lunch (Cost involved)

### Online shopping

Monday 1 October 3-5pm  
Finchley Church End Library, 318-320 Gateway House  
Regents Park Rd N3 2LN.

### IT taster session

Monday 1 October 6- 7pm  
Finchley Church End Library, 318-320 Gateway House  
Regents Park Rd N3 2LN.



### **Instructor-led health walk**

Tuesday 2 October 9.30-10.30am (usual cost £2.80)  
Hampstead Heath - North End Road (meet at entrance on North End Road by café and disabled car park).

**Contact:** 020 859 6314 or [sport@barnet.gov.uk](mailto:sport@barnet.gov.uk)

**Visit:** [www.barnet.gov.uk/activity-on-the-move](http://www.barnet.gov.uk/activity-on-the-move)



### **Mini health check-ups/advice**

Tuesday 2 October 11am-12noon

Barnet Carers Centre, Global House, 303 Ballards Lane, North Finchley, N12 8NP

Health check by registered nurse.

**To book:** 020 8343 9698

[adultcarers@barnetcarers.org](mailto:adultcarers@barnetcarers.org)



### **IT help session**

Tuesday 2 October 11-12.30pm

Childs Hill Library, 320 Cricklewood Lane, NW2 6EQ.

**Contact:** [howard.chapman@ageukbarnet.org.uk](mailto:howard.chapman@ageukbarnet.org.uk)

### **Hearing Screening and advice**

Tuesday 2 October 2-4pm

Childs Hill Library, 320 Cricklewood Lane, NW2 6EQ.

**Contact:** Richard Turner, Action on Hearing Loss 07811 211 172



### **Community Information and Advice Drop-in**

Tuesday 2 October 2-4pm

Childs Hill Library, 320 Cricklewood Lane, NW2 6EQ.

**Contact:** 020 8359 7047 [Stephen.Bell@barnet.gov.uk](mailto:Stephen.Bell@barnet.gov.uk)

### **Performance 'The Trench'**

Tuesday 2 October from 2.30pm £12/£14

artsdepot, 5 Nether Street, North Finchley, N12 0GA.

First World War Epic.

**Not suitable for people with dementia.**

**To book:** [www.artsdepot.co.uk/theatre/trench](http://www.artsdepot.co.uk/theatre/trench)



### **Holistic Workshop Session for Over 55's**

Wednesday 3 October 9.30-11.30am

Trinity Church, 15 Nether St, North Finchley N12 7NN.

### **50+ Dance Class**

Wednesday 3 October 10am-12noon

St John's Parish Centre, Friern Barnet Road N11 3EQ.

**Contact:** 020 8675 7257 / Saracens Sports Foundation



### **Reading Group**

Wednesday 3 October 2-3.30pm

Finchley Church End Library, 318-320, Gateway House,  
Regents Park Rd N3 2LN.

**Contact:** 07801 911 481/[kathrynfulton@hotmail.com](mailto:kathrynfulton@hotmail.com)



### **Dementia Club**

Wednesday 3 October 2-4pm

Finchley Memorial Hospital, Granville Rd N12 0JE

Teas /coffees and lovely cakes, music and games

There will also be the opportunity to play with The Tovertafel.

**Contact:** [www.dementiaclubuk.org.uk](http://www.dementiaclubuk.org.uk)

### **Instructor-led health walk**

Thursday 4 October 9.30-10.30am (usual cost £2.80)

Hampstead Heath - Hampstead Way

(meet on Hampstead Way opposite house #81).

**Contact:** 020 8359 6314 or [sport@barnet.gov.uk](mailto:sport@barnet.gov.uk)

[www.barnet.gov.uk/activity-on-the-move](http://www.barnet.gov.uk/activity-on-the-move)



### **Food Tasting with Wiltshire Farm Foods**

Thursday 4 October 10am-12noon

Christchurch Close Sheltered Housing,  
Summers Lane, North Finchley N12 0PY.

**To book:** Ricky Brown 07900 164 642

### **IT for over 55's**

Thursday 4 October 10-12noon

South Friern Library, Colney Hatch Lane N10 1HD.

### **Health and Wellbeing Day**

Thursday 4 October 10.30am-3.30pm

Drummond House, 50 Font Hills, East Finchley N2 8LF

Therapy treatments; massage and hand reflexology.

Dance and exercise to Music. Lunch provided.

**To book:** Bernadette Robertson 07506 673 646



### **Performance – ‘Perfectly Imperfect Women’**

Thursday 4 October 2pm £12

artsdepot, 5 Nether Street, North Finchley, N12 0GA

Award winning storyteller comic Danyah Miller performs

**To book:** 020 8369 5454/ [www.artsdepot.co.uk](http://www.artsdepot.co.uk)

### **Blood pressure checks for Carers**

Thursday 4 October 2-3pm

Barnet Carers Centre, Global House,

303 Ballards Lane, North Finchley, N12 8NP

**To book:** 02083439698/ [adultcarers@barnetcarers.org](mailto:adultcarers@barnetcarers.org)



### **Silver Week Party**

Friday 5 October 2-5pm

Goodwin Court, 52 Church hill Road, East Barnet, EN4 8FH.

Music, refreshments and more.

**To book:** Call Frances 020 8447 5300 (Mon-Wed only)

### **Community Information & Advice Drop-in**

Friday 5 October 10am-12noon

BOOST, 184 Cricklewood Lane NW2 2DX.

**Contact:** 020 8359 7047 / [Stephen.Bell@barnet.gov.uk](mailto:Stephen.Bell@barnet.gov.uk)

### **Reading Group**

Friday 5 October 10.30am-12noon

Old White Lion, 121 Great North Rd, East Finchley N2 0NW.

**Contact:** 07801 911481/[kathrynfulton@hotmail.com](mailto:kathrynfulton@hotmail.com)



### **Mini Wellbeing Event**

Friday 5 October 10.30am-12.30pm

Ann Owen Centre, Oak Lane, East Finchley N2 8LT  
Information and advice stalls, demonstration, scam awareness and more. Refreshments provided

**Contact:** Age UK Barnet 020 8203 5040.

### **WheeliO – Instructor Led Group Bike Ride**

Saturday 6 October 12noon-3pm

Basing Hill Park, Wayside, Childs Hill NW2 2NA  
Cycling lessons and local rides for Barnet residents living in Childs Hill, all levels welcome.

**Contact:** [info@thoch.org.uk](mailto:info@thoch.org.uk)



### **WheeliO – Instructor Led Group Bike Ride**

Sunday 7 October

Basing Hill Park, Wayside, Childs Hill NW2 2NA  
Residents need to bring their own bike.

To register: [info@thoch.org.uk](mailto:info@thoch.org.uk)

### **Instructor-led health walk**

Sunday 7 October 10.30-11.30am (usual cost £2.80)

Hampstead Heath – Wildwood

(meet at Heath Extension on Wildwood Road, 20 metres from Hampstead Way junction).

**Contact:** 020 8359 6314 or [sport@barnet.gov.uk](mailto:sport@barnet.gov.uk)

**Visit:** [www.barnet.gov.uk/activity-on-the-move](http://www.barnet.gov.uk/activity-on-the-move)



### **Afternoon Tea and Information Event**

Sunday 7 October 12.30-3.30pm

Wood House college, Woodhouse Rd N12 9EY.

**Contact:** [PreventionandWellbeing@barnet.gov.uk](mailto:PreventionandWellbeing@barnet.gov.uk)



### **Tomorrow's Warriors**

Sunday 7 October from 1pm (booking required)  
artsdepot, 5 Nether Street, North Finchley, N12 0GA:

Join us for live free Jazz performed by Young Musicians celebrating and engaging older people.

020 8369 5454/ [www.artsdepot.co.uk](http://www.artsdepot.co.uk)

# AFTERNOON TEA

Sunday 7 October

12.30-3.30pm

Woodhouse College, Woodhouse Road N12 9EY

Join the Barnet Seniors Association and The London Borough of Barnet and other partners for a fun day of activities and information.

- 12.30pm Doors open / Information and advice stalls
- 1pm Speeches - Announcing of Art competition winner  
Matthew Kendall - *Adults and Communities Director*  
Nila Patel - *Chair of Barnet Seniors Association*  
Cllr. Sachin Rajput - *Chairman of Adults & Safeguarding Committee and Lead Member for Sport & Physical Activity*  
Reuben Thompstone - *The Worshipful the Mayor*
- 1.30pm Photo opportunity for Prize winners
- 1.30pm Afternoon Tea served
- 2.15pm Bollywood performance
- 2.30pm Exercise Age UK Barnet join in (tbc)
- 2.45pm GLL Dancing x 2 Performance / join in (tbc)
- 3.00pm JOY sing-a-long
- 3.30pm Close

Throughout the day there will be stalls providing various Barnet Voluntary sector organisations information and advice





Age UK Barnet produce a comprehensive guide of activities and services for older people across the Borough.

You can download the 'What's On Guide' by visiting their website

<https://www.ageuk.org.uk/barnet/activities-and-events/>

A copy can be emailed or posted to you on request by calling Age UK Barnet on 0208 203 5040



## Have you heard of the Barnet Voluntary and Community Sector Forum for adults?

The Barnet Voluntary Community Sector Forum is open to all third sector organisations providing prevention services to adults in Barnet.

The purpose of the forum is to:

- build and strengthen relationships within the voluntary sector and the council
- provide a platform to help support and grow the voluntary sector within Barnet

For more information or to get involved email [preventionandwellbeing@barnet.gov.uk](mailto:preventionandwellbeing@barnet.gov.uk) or call 020 8359 2519 / 020 8359 7573.

### Our community

Whether you are a business, a volunteer or a community group, we want to do what we can to support you to get more involved with your community.

Some of the ways you can get involved include starting up a new activity or group in the community, letting us know about an activity occurring locally, registering details of your organisation on Barnet's Community Directory, getting involved in supporting Silver Week or, if you are voluntary community sector organisation joining our Voluntary Community Sector Forum.

If you want to find out more or to get involved email [preventionandwellbeing@barnet.gov.uk](mailto:preventionandwellbeing@barnet.gov.uk) or call 020 8359 2519 / 020 8359 7573.

## A big thank you to all those who have supported Barnet Silver Week 2018



**SILVER SUNDAY**  
CELEBRATING OLDER PEOPLE

Sponsored by LBB Public Health



- Care Quality Team
- Community Participation
- Libraries
- Prevention and Wellbeing Team
- Public Health
- Sports and Physical Activities

# SILVER WEEK

1-7 October 2018

Silver Sunday is an annual day of fun and free activities for older people across the UK, led by The Sir Simon Milton Foundation.

To ensure we reach as many people as possible for the fourth year we will be celebrating with a week of activities and events throughout Barnet.

**Social activities \* Art exhibitions \* Coffee mornings \*  
Wellbeing workshops \* Health checks \* Exercise taster  
sessions \* Relaxing therapy treatments**

Visit [www.barnet.gov.uk/silverweek](http://www.barnet.gov.uk/silverweek) for a full schedule of all of the events and activities planned.

**#BarnetOver55s #BarnetSilverSunday #BarnetSilverWeek**



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