

# Healthy Futures Project Timetable

All activities are free and must be booked in advance. To register on the project, book a session, or for more information, please call **020 8593 6677** to speak to our Healthy Futures team

## Monday

| Time              | Session              | Venue                       |
|-------------------|----------------------|-----------------------------|
| 11am – 12pm       | Coffee & Chat        | Heath Park Community Centre |
| 11:30am – 12:30pm | Table & Short Tennis | Heath Park Community Centre |
| 1pm – 2pm         | Gardening Group      | William Bellamy Hub         |

## Tuesday

| Time        | Session                 | Venue                       |
|-------------|-------------------------|-----------------------------|
| 10am – 12pm | Arts & Crafts/Gardening | Heath Park Community Centre |
| All Day     | Cycling                 | The Peters Centre           |
| 6pm – 8pm   | Evening Activity Group  | Memory Lane Centre          |

## Wednesday

| Time    | Session              | Venue   |
|---------|----------------------|---------|
| Various | Park/Community Walks | Various |

## Thursday

| Time              | Session                 | Venue                       |
|-------------------|-------------------------|-----------------------------|
| 11:30am – 12:30pm | Chair Yoga & Meditation | Heath Park Community Centre |
| 1pm – 2pm         | Swimming                | Nuffield Gym                |
| TBC               | Zumba*                  | Heath Park Community Centre |

## Friday

| Time            | Session       | Venue                          |
|-----------------|---------------|--------------------------------|
| 11am – 12pm     | Gym Group     | Becontree Heath Leisure Centre |
| 2:30pm – 4:30pm | Cookery Class | Heath Park Community Centre    |

\* Sessions pending

## Our Venues

**Heath Park Community Centre**  
Rusholme Ave, Dagenham RM10 7PR

**Memory Lane Centre**  
Porters Ave, Dagenham RM8 2EQ

**Nuffield Gym**  
4 The Brewery, Waterloo Rd, Romford RM1 1AU

**The Peters Centre**  
Maysbrook Park, Lodge Ave, Dagenham RM8 2JR

**Becontree Heath Leisure Centre**  
Althorne Way, Dagenham, RM10 7FH

**William Bellamy Hub**  
Fritzlands Lane, Dagenham RM10 7HX