

LEISURE ACTIVITIES APRIL 2011 - MARCH 2012

New Horizons!

Improve your health and well-being and have fun too!



Epping Forest District Council

Welcome to New Horizons!

Within this programme you will find details of a range of **sporting, social and leisure pursuits**. In addition to the Council's own sessions we have also included details of activities and courses provided by SLM, private clubs and other organisations. We offer everything from **badminton to yoga, dancing to petanque** and, of course, our ever-popular **bowls and day trips**.

New Horizons activities take place across the District at a large number of different venues. A qualified coach or supervisor is on hand and equipment is provided at most sessions. Everyone aged 50+ is welcome with absolutely no restrictions regarding fitness or ability...there is certainly no 'upper' age limit! Whatever you choose to do, you are assured of a warm welcome.

So, if you want to stay fit and healthy, are looking for a new interest or would simply like to enjoy the company of new friends, take a look at what is on offer. ***We are sure you will be tempted!***

Whilst the New Horizons programme is correct at the time of going to print, in exceptional circumstances it may be necessary to make some changes. Therefore, it is advisable to telephone the respective contact number if you are coming along for the first time, as not all sessions are run by the Council.

If you are thinking of trying a strenuous activity or it is a while since you have exercised, do please check with your G.P. first.

General Enquiries - **01992 564561**

Hettie Williamson - **Day Trip Co-ordinator - 01992 564216**

Active Health

Epping Forest District Council's Sports and Health Development team are continuing to develop the Active Health project. The project has been providing physical activity and healthy eating sessions to over 50's in Epping, Harlow and Uttlesford.

The aim of the project is to improve the health and well-being of older people and allowing them to become more physically active and involved in the community. The project has been a great success with over 1,000 people over the age of 50 benefitting from the project to date. Activities such as: seated exercise classes; movement classes; healthy eating sessions; health walks; Nintendo Wii Club; allotments and exercise resources for older people have been organised so far.

The project is currently funded by Age UK via the Big Lottery. This funding is due to end in March 2012. Therefore the project is seeking potential new funders.

For more information contact David Hogg on **01992 564269** or email **dhogg@eppingforestdc.gov.uk**

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Sports Centres

Epping Sports Centre

25 Hemnall Street
Epping, Essex CM16 4LU
Tel: **01992 564564**
eppinginfo@slm-ltd.co.uk

Ongar Leisure Centre

The Gables
Fyfield Road
Ongar, Essex CM5 0AN
Tel: **01277 363969**

Loughton Leisure Centre

Traps Hill
Loughton, Essex IG10 1SZ
Tel: **01992 564574**

Waltham Abbey Pool

Roundhills
Waltham Abbey
Essex EN9 1UP
Tel: **01992 716733**

Bowls

Short mat bowls remains one of the most popular indoor sports available. It is a sport that can be played by anyone, regardless of age or physical ability. Many experienced players enjoy the New Horizons bowling sessions, however newcomers are always welcome. All equipment is provided - but please ensure that you wear flat-soled shoes.

Monday	1.00pm - 4.00pm	Epping Sports Centre	50+ £3.55 60+ £3.05
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This is a self-running friendly social group.

Tuesday	9.45am - 11.45am 12 noon - 2.00pm 2.15pm - 4.15pm	David Lloyd Club, Chigwell	50+ £4.25 60+ £3.75
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Please note that booking in starts 15 minutes prior to the time shown. We also operate a committed membership scheme. Please ask the bowls organiser for more details at the sessions.

Wednesday	9.15am - 11.45am	Epping Sports Centre	50+ £3.55 60+ £3.05
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A self-running friendly social group.

Thursday	1.00pm - 4.00pm	Epping Sports Centre	50+ £3.55 60+ £3.05
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A self-running friendly social group.

Monday	7.00pm - 10.00pm	Sheering Village Hall	£2.00
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Thursday	1.30pm - 4.30pm 7.00pm - 10.00pm	Sheering Village Hall	£2.00 £2.00
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For more details please telephone Maureen Wright on **01279 722728**.

Thursday	2.00pm - 5.00pm 8.00pm - 11.00pm	Stapleford Abbots Village Hall	£2.50
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New members welcome. For more details please telephone Arthur Caunt on **01708 347671** (The price includes tea and biscuits).

Friday	9.30am - 12.30pm	Ongar Leisure Centre	50+£3.40 (centre members - £2.95) 60+ £2.80 (centre members - £2.35)
Friday	9.30am - 12.30pm	Ongar Leisure Centre Bowls & Swim	50+ £4.65 (centre members - £3.95) 60+ £3.95 (centre members - £3.40)

A friendly bowls group. Why not finish your bowls morning with a swim?

Bowls *Continued*

Friday 10.00am - 12 noon **Waltham Abbey Town Hall** 50+ £3.75
60+ £3.25

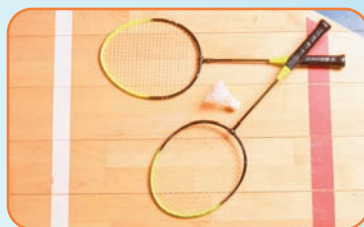
A friendly group offers a warm welcome to new members.

Friday 1.15pm - 3.45pm **Loughton Leisure Centre** 50+ £3.75
60+ £3.25

A friendly group offers a warm welcome to new members.

Badminton

A game of badminton provides excellent exercise for all ages. Players of all abilities are welcome to these friendly sessions. Whether it is a competitive game you want, or simply to pay in a relaxed environment, New Horizons Badminton caters for everybody!



Monday 1.00pm - 4.00pm **Epping Sports Centre** 50+ £3.55
60+ £3.05

A social badminton session. All standards are welcome.
(Please note that shuttles are not included in the price)

Thursday 1.00pm - 4.00pm **Epping Sports Centre** 50+ £3.55
60+ £3.05

A social badminton session. All standards are welcome.
(Please note that shuttles are not included in the price)

Friday 9.30am - 12.30pm **Ongar Leisure Centre** 50+ £3.40
(centre members - £2.95)
60+ £2.80
(centre members - £2.35)

Friday 9.30am - 12.30pm **Ongar Leisure Centre**
Badminton & Swim 50+ £4.65
(centre members - £3.95)
60+ £3.95
(centre members - £3.40)

Table Tennis

Table Tennis is great fun and excellent exercise! Why not give it a try?

Thursday	1.00pm - 4.00pm	Epping Sports Centre	50+ £3.05 60+ £2.45
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A friendly, self-running table tennis and social group helping you to stay fit, healthy and independent. For more details telephone Mike Mead on 01992 572514.

CLOSURE DATES FOR EPPING SPORTS CENTRE

Easter: 11th April - 25th April '11 (inclusive)
Summer: 22nd July - 29th August '11 (inclusive)

During the above school holidays the following sessions only are available at **Epping Sports Centre**:-

9.15am - 11.45am	Wednesday - Social bowls session with coaching	50+ £3.55 60+ £3.05
2.00 - 5.00pm	Wednesday - Social badminton session	50+ £3.55 60+ £3.05
1.00 - 4.00pm	Thursday - Table Tennis	50+ £3.05 60+ £2.45

Swimming

Swimming is wonderful exercise for your body and is therapeutic for your mind. Come along and join in one of these friendly social sessions. If you can't swim, why not consider coming along to learn?

Monday	9.30am - 11.00am	Ongar Leisure Centre	50+ £2.80 (centre members - £2.60) 60+ £2.20 (centre members - £2.00)
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A social swimming session - all abilities welcome for a fun, relaxed swim.

Monday	9.00am - 10.00am	Waltham Abbey Pool	50+ £2.80 (centre members - £2.60) 60+ £2.20 (centre members - £2.00)
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Social swimming session - which includes the use of the sauna and steam rooms, located on the poolside, at no extra cost.

Tuesday	2.30pm - 3.30pm (term time) 11.00am - 12 noon (school holidays)	Ongar Leisure Centre	50+ £2.80 (centre members - £2.60) 60+ £2.20 (centre members - £2.00)
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A social swimming session - all abilities welcome for a fun, relaxed swim.

Swimming *Continued*



Tuesday	10.00am - 11.00am	Waltham Abbey Pool	50+ £2.80 (centre members - £2.60) 60+ £2.20 (centre members - £2.00)
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Social swimming session - which includes the use of the sauna and steam rooms, located on the poolside, at no extra cost.

Wednesday	9.00am - 10.00am	Waltham Abbey Pool	50+ £2.80 (centre members - £2.60) 60+ £2.20 (centre members - £2.00)
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Social swimming session, which includes the use of the sauna and steam rooms, located on the poolside, at no extra cost.

Friday	11.30am - 12.30pm	Ongar Leisure Centre	50+ £2.80 (centre members - £2.60) 60+ £2.20 (centre members - £2.00)
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A social swimming session - all abilities welcome for a fun, relaxed swim.

Friday	9.00am - 10.00am	Waltham Abbey Pool	50+ £2.80 (centre members - £2.60) 60+ £2.20 (centre members - £2.00)
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Social swimming session, which includes the use of the sauna and steam rooms, located on the poolside, at no extra cost.

Friday	11.30am - 12.30pm	Waltham Abbey Pool	50+ £2.80 (centre members - £2.60) 60+ £2.20 (centre members - £2.00)
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Water workout. A workout session in the main pool - all abilities welcome.
NB. Some sessions may finish 15 minutes early in the school holidays.
These will be advertised in the centre prior to the holidays

Tuesday	8.30am - 9.30am	Loughton Leisure Centre	£2.20 (members)
Friday	8.30am - 9.30am and 9.30am - 10.30am		£2.50 (non-members)

Water workout, (limited spaces)

Golf

Monday - Sunday

Epping Golf Course (Flux's Lane, Epping)

£13.00 weekdays

£20.00 weekends & Bank holidays



Twilight sessions

£9 weekdays

£14 weekends

Free lessons

9.30am every Monday

9.00-10.00am every Saturday

Ideal for the retired, as members enjoy free golf after 7.00pm Monday - Friday, however non-members are always welcome.

The new clubhouse is now open with bar/lounge area. Many exciting golfing opportunities are available with open golf competitions on Wednesdays and Bank holidays. Over 55's meet on Tuesdays and Fridays at 7.45am. For more information and details of what to wear please call Neil Sjoberg on **01992 572282**. (Free equipment is available if required).

Hobbs Cross Golf Centre

The centre is a public pay and play facility, with two nine hole courses, one full length and the other a par 3 course, ideal for seniors. Discounts are available for seniors and further value can be obtained with our loyalty card. For more information and details of what to wear please telephone **01992 561661**.

Yoga, Relaxation, and Seated Exercise

Monday

10.15am - 11.45am

Loughton Bowls Club

50+ £4.50 per week

(Eleven Acre Rise, Loughton)

60+ £4.00 per week

Yoga and relaxation with a qualified instructor. Booking is essential.

Telephone **01992 564226**. Please note these classes are available as a termly course only.

Payment is made in advance.

Monday

12.30pm - 1.30pm

Debden Park Community Centre,

£3.00

(Willingale Road, Debden)

Keep fit with Pippa. Fun exercise to your favourite music.

All abilities welcome.

For further details please telephone **07958 463493**.

Yoga, Relaxation, and Seated Exercise *Continued*



Wednesday 10.00am - 11.30am **Loughton Bowls Club** 50+ £4.50 per week
(Eleven Acre Rise, Loughton) 60+ £4.00 per week

Yoga and relaxation with a qualified instructor. Booking is essential.
Telephone **01992 564226**. Please note these classes are available as a termly course only.
Payment is made in advance.

Wednesday 9.45am - 10.45am **St Edmunds Church Hall** £3.00
(Traps Hill, Loughton)

Keep fit with Pippa. Fun exercise to your favourite music. All abilities welcome. For further details please telephone 07958 463493.

Epping Sports Centre

Various circuit classes are available, ideal for beginners who are welcome to these friendly sessions with a qualified coach. For further information telephone **01992 564564**.

Friday 10.00am - 11.30am **Loughton Lawn Tennis Club** 50+ £4.50 per week
(Eleven Acre Rise, Loughton) 60+ £4.00 per week

Yoga and relaxation with a qualified instructor. Booking is essential. Telephone 01992 564226. Please note these classes are available as a termly course only. Payment is made in advance.

Seated Exercise

These classes are available for anyone wishing to improve their quality of life and make every day tasks easier. All exercises are based in the chair, allowing anyone to participate. The classes take place in the following areas, day and times.

Thursday Loughton @ 10.00am
 Ongar @ 11.30am

For more information please contact David Hogg **01992 564269**.

WALKING - Lifewalks - Walk your way to health

If you can put one foot in front of the other, you can cut your risk of having a heart attack or stroke by up to 60%.

All you need to do is join **Lifewalks**, Epping Forest District Council's walking for health programme. Recognised as one of the best schemes in the country, **Lifewalks** offers a choice of 5 short walks every week around the District. The many different routes used are nearly all in the local countryside but on good paths (most are hard surface) with no stiles or other obstacles to climb over. All walks are graded for difficulty but most are all on the flat.



The walks are from 1 mile to 3 miles long and all you have to do is walk a little bit faster than usual. It doesn't matter if you can only walk very slowly - everyone walks at their own pace rather than as a group so you won't have to try and keep up with people in front.

Over 150 walkers are currently enjoying **Lifewalks**. Nearly all are 50+ with more than half aged over 65. **Lifewalks** is especially good for anyone with high blood pressure, Type 2 diabetes, arthritis, asthma and a whole range of other medical conditions. The scheme is approved by local GP's and hospitals and has received a national award for quality so you can be sure you will be well looked after.

For your FREE information pack and a voucher for a free **Lifewalk**, just call the **Lifewalks** information line on 01992 564222 or email kwilliams@eppingforestdc.gov.uk

Come and join the Ramblers

The West Essex Group of the Ramblers publishes a programme of walks three times a year. There are four or five walks each week; each organised by an experienced leader with a large variety in place and distance to suit everyone's ability and experience.

Most of the walks are circular and include a pub stop where you can buy refreshments alternatively there is an opportunity to eat your packed lunch. We advise you to wear comfortable and waterproof footwear and carry a waterproof jacket.

If you enjoy fresh air, the countryside and companionship telephone for a free programme - it costs you nothing to walk with us although we hope you will have such a good time that you will eventually join the Ramblers.

People who are interested in maintaining footpaths by clearing, building bridges and gates and installing waymarkers are also invited to contact us about details of our working parties.

For a FREE programme and other details, contact Pat & John Juchau on **020 8502 1628** or www.westessexramblers.org.uk

Tennis

Wednesday 10.00am - 12 noon **Theydon Bois Tennis Club** £3.00 (free to members)
(Sidney Road, Theydon Bois)

Turn up and play on our new artificial grass courts.
(Balls provided, bring your own racket).
For more information please contact
Pat Walter on **01992 813485**.



Dancing

Thursday 1.30pm - 4.30pm **Epping Hall** £2.40
(St Johns Road, Epping)

Horizonite Tea Dances. Please see the back page for details.

Gym Training

Monday/Wed/Fri **Epping Sports Centre** £3.00
Monday 11.00am - 12 noon
Wednesday 11.00am - 12 noon
Friday 11.00am - 12 noon

New Start 50+ Classes

The Health and Fitness Studio is the perfect place for you to tone up and strengthen your muscles, lose weight and increase your fitness in a safe and friendly environment. To book your induction, please contact any of our fitness team and they will be happy to make an appointment for you, these must be booked in advance. You must not arrive late to these fitness classes, as taking part in the warm up is an essential part of the training session.

To avoid disappointment please get to the class 10 minutes early.

All sessions are run by qualified instructors and spaces for each session are limited.



Gym Training *Continued*

Waltham Abbey Pool

Our re-furnished fitness suite is open every day with many specialised classes for all abilities. Our qualified instructors will be pleased to help whether you are new to exercise, or more experienced. You must be a member to use the gym and complete an induction which must be booked in advance.

Please call one of our team for further information on **01992 716733**.



Studio Classes

Mondays	10.30am - 11.30am	Members £3.00	Non-members £4.25
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A class specifically for the 50+ to feel the benefits of exercise in our brand new, airy studio. Classes must be booked in advance to avoid disappointment.

New Start 50+

Mon/Wed/Friday	2.00pm - 3.00pm	Loughton Leisure Centre	£2.45
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All users must complete an induction and be issued with a Technogym key before use - price £20.00.

Petanque

Monday & Saturday	1.30pm onwards	Stonards Hill Recreation Ground, Epping
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Epping Horizons Petanque Club has room and time on the terrain for all ages and levels of skill at its friendly meetings. We also offer opportunities to play in competitions at other interesting venues, for the keener players! For more details please visit our website at **www.ehpetanque.supanet.com**

Stepping Out Club Trips 2011

Booking for New Horizons trips can be made from 9.00am on the booking date shown next to the trip details below via the booking line or in person at our Community Services Office, 25 Hemnall Street, Epping Essex CM16 4LU, or from 10.30am-1.30pm Monday to Thursday thereafter. Please note: only 2 seats may be booked per person.

Epping Forest residents have priority when booking and should not book for friends outside of the area. **PLEASE NOTE: ONLY 2 SEATS MAY BE BOOKED PER PERSON.** Non Epping Forest residents can book after 3 days from the first day of booking. All payments must be received within 7 days of booking and we will need separate cheques for each trip that is booked. Please make all cheques payable to Epping Forest District Council and send to:

Hettie Williamson, Epping Forest District Council, Community Services, 25 Hemnall Street, Epping, Essex, CM16 4LU

Hettie will be pleased to provide you with further details about the trips and she can be contacted on **01992 564216, between 10.30am - 1.30pm Monday to Thursday.**

Date of trip ALL TRIPS INCLUDE COACH AND ENTRY UNLESS OTHERWISE STATED

Tuesday May 10th **Booking from Monday April 4th** £29

Warners Littlecote Hotel, Hungerford

Time to look around this Grade 1 listed tudor property steeped in history. You can use the facilities if you so wish, swimming, croquet, billiards, etc. The price includes tea/coffee on arrival, and a two course carvery lunch.

Tuesday June 7th **Booking from Tuesday May 3rd** £36.50

Brick Lane Olde Tyme Music Hall Matinee

Featuring The Batchelors amongst others, includes a set tea, cakes, sarnies etc. Price for this one is £36.50 which has to be paid in full within seven days.

Thursday June 16th **Booking from Tuesday May 3rd** £24.50

Lunch at H.M. High Down Prison, Banstead, Surrey (Lunch included in the price)

Something different: The first commercial restaurant to open inside a British prison. It offers ex-offenders inside or out of prison to achieve national catering qualifications. We enter via the prison gates, following a security check. We make our way to the dining room where we are led by a prisoner-turned-waiter to prisoner-designed and built tables and elegant seating.

Date of trip *Continued*

Wednesday July 13th

Booking from Monday June 6th

£14

Broadstairs

A day to get some fresh sea air, we stop at Rochester on the way for coffee/tea (not included).

Tuesday August 9th

Booking from Monday July 4th

£15.50

Morning tour National Theatre and Tate Modern

We have a guided tour of the theatre which incorporates many of the various departments such as props, costumes, auditoriums etc. Afternoon is yours to do as you please. I have mentioned the Tate Modern because we are quite close to it.

Sunday September 11th

Booking from Monday August 1st

£20

Wisley Flower Show R.H.S.

240 acres of beautiful gardens to wander around with a plant centre offering a wide selection of plants including unusual species. This is the last day of the show - so are selling off some of the plants.

Wednesday October 19th

Booking from Monday September 5th

tbc

The Banqueting House, London

The Banqueting House was the first building in London to be constructed in the classical Italian style. The most startling feature is the ceiling which was painted by Peter Paul Rubens working on command of Charles I.

Wednesday 9th November

Booking from Monday October 3rd

£14

Norwich Christmas Shopping

A very lively shopping centre with small individual shops as well as all the large well known stores. To add to that Norwich has a fine cathedral which is well worth a visit.

Tuesday December 13th

Booking from Monday November 7th

£19.50

Lights and Sights of London

Once again I am doing this trip, an evening seeing the Christmas Lights after a very nice fish and chip supper.



Three Valleys male voice Choir

Did you sing at school, or in the church choir? Do you sing in the bath, or with a karaoke? If the answer to any of these questions is YES! you should join your local singing group. If you are interested contact Tony Moore on **01992 524526** - email **3valleys@tiscali.co.uk** or visit the website **www.3valleymvc.org.uk**

Epping Forest Arts

Epping Forest Arts initiate, develop and produce a wide range of artist led activities and projects across the District. Our annual programme includes dance, music and theatre projects for people of all ages and abilities.

If you would like further information about this service, or would like to join our mailing list, please contact us on **01992 564551** **www.eppingforestdc.gov.uk**

Countrycare

Interested in the countryside, wildlife and getting out and about? Then Countrycare could be for you. Countrycare is the Council's countryside section and throughout the year we organise practical conservation days, walks and events. Everyone is welcome, no experience is needed and there are always tasks to suit all. All tools, tuition, tea and biscuits are provided and all you need are old clothes, packed lunch and a bit of enthusiasm! Interested? Then call Countrycare on **01992 788203** for more details about how you can join a walk, event or a practical conservation day. Or visit our website at **www.eppingforest.gov.uk/countrycare**

Tea Dances for 2011

April: 14th, 28th

May: 12th, 26th

June: 9th, 23rd

July: 7th, 21st

August: None due to summer holidays

2012 Dates

September: 1st, 15th, 29th

January: 5th, 19th

October: 13th, 27th

February: 2nd, 16th

November: 10th, 24th

March: 1st, 15th, 29th

December: 8th - Christmas Tea Dance Special

Come along and enjoy an afternoon of dancing in a friendly, relaxed atmosphere, where you can dance to a wide variety of music, modern and sequence, or just sit back and enjoy listening to the music!

Everyone over 50 is welcome and you don't have to book in advance - just turn up on the day!

On **Thursdays** every other week 1.30pm - 4.30pm

Epping Hall, St John's Road, Epping

December 8th - Christmas Tea Dance Special

Price Per Session Only £2.40 (includes tea & biscuits)

For more information please contact Hettie Williamson on Epping (**01992**) **564216**

Important Register on our mailing list!

To receive subsequent brochures and additional information on New Horizons activities please return this slip to:

**New Horizons, Epping Forest District Council, Community Services,
25 Hemnall Street, Epping, Essex, CM16 4LU.**

Name: _____

Address: _____

Postcode: _____

Telephone number: _____