

New Age Games: Tai Chi



Hackney New Age Games proudly presents their 2025 - 2026 programme. Come along to take part in a fun mood-boosting activity with local residents aged 50+.

About This Event

Find inner peace while improving your balance at this Tai Chi session at the New Kingshold Community Centre. This session is for all abilities.

New Age Games helps residents to increase and sustain exercise to recommended levels. Important: To be eligible to attend the scheme, users must be a Hackney resident aged 50+.

Every effort will be made to accommodate attendees, but we base places on a first come, first served basis on the day of each event. This is reflected within our guidance on our webpage.

No sessions held from 7 December 2025 - 18 January 2026.

Accessibility Information



Event Time

Every Tuesday
from Tue, 20th Jan 2026
until Tue, 17th Mar 2026

**Tue,
20th Jan
2026**

12:00pm - 1:00pm



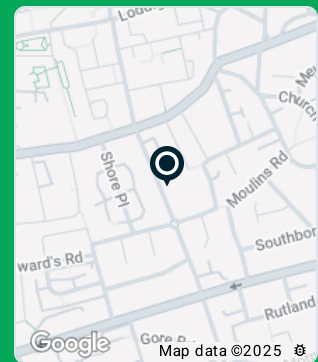
Event Price

Free



Event Location

**New Kingshold
Community Centre
Ainsworth Road
E9 7JE**



To register visit: <https://hackney.gov.uk/new-age-games>. Alternatively speak to one of our exercise instructors or contact Darren English on 020 8356 4897 or email; NewAgeGames@hackney.gov.uk for further options.

