

New Age Games: Chair-based activity



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

Keep active by taking part in this gentle chair-based exercise class at Frampton Park Baptist Church. 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. It is advised that you book in advance before attending. You can book by using the details in the accessibility information.

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

Accessibility Information



Event Time

Every Monday
from Mon, 8th Sep 2025
until Mon, 16th Mar 2026

**Mon,
20th Oct
2025**

11:00am - 12:00pm



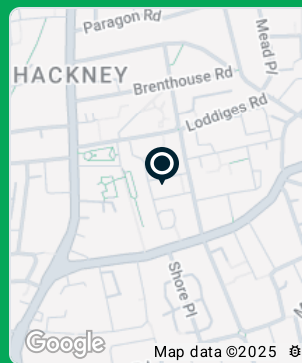
Event Price

Free



Event Location

**Frampton Park
Baptist Church
Frampton Park Road,
London
E9 7PQ**



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.

