

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 The Salvation Army, Mare Street. 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 Thursday
from Thu, 22nd Jan
2026
until Thu, 19th Mar 2026

**Thu,
22nd Jan
2026**

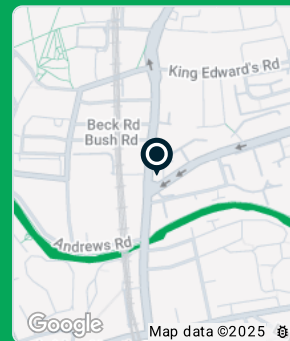
2:00pm - 3:00pm

Event Price

Free

Event Location

**The Salvation Army
Mare Street
70 Mare Street
E8 4RT**



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.

