

# New Age Games: Chair-Based Activity



## Chair Exercises

Part of the Hackney 'New age Games' programme  
offered free for hackney residents over 50

Hackney New Age Games proudly presents their 2024 autumn - winter programme. Come along to take part in a fun, mood-boosting activity with local residents aged 55+.

### About This Event

Keep active by taking part in this gentle chair-based exercise class at The Salvation Army, Clapton. 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 8 December 2024 - 19 January 2025.**

### Accessibility Information

#### Event Time

Every Wednesday  
until Sat, 22nd Mar 2025

**Wed,  
22nd Jan  
2025**

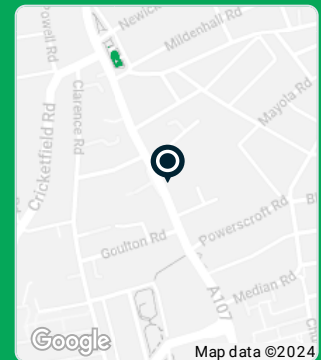
1:00pm - 2:00pm

#### Event Price

**Free**

#### Event Location

Salvation Army  
122 Lower Clapton  
Road, London,  
E5 0QR



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](mailto:NewAgeGames@hackney.gov.uk) for further options.

