

ACTIVITIES FOR MIND, BODY AND SOUL RIGHT HERE IN YOUR LOCAL COMMUNITY CENTRE



HEALTHY COMMUNITY PROJECT

GAMES • SINGING • DANCING • LUNCH • GARDENING
GENTLE EXERCISE • ARTS & CRAFTS WORKSHOPS
DISCUSSIONS • ALL ROUNDED OFF WITH TEA & CAKES

FIRST WEDNESDAY OF EVERY MONTH
11AM-3PM

£5 [FOR ADULTS
OF ALL AGES]

 Booking essential - call
Tanya on 020 8348 4612
or email info@hornseyvale.org

Hornsey Vale Community Centre 
60 Mayfield Road, N8 9LP
www.hornseyvale.org

FEEL GOOD AND GET TO KNOW YOUR NEIGHBOURS