

# GREEN STREET COMMUNITY NEIGHBOURHOOD ACTIVITIES

## Monday

**Women's Only Boxing for Fitness** 9.15-10.15am  
Fitness boxing is a great aerobic exercise. Aerobic exercise gets your heart pumping and helps lower the risk of high blood pressure, heart disease, stroke, and diabetes. It can strengthen bones and muscles, burn more calories, and lift mood.  
**KRCC**

**Fair and Share Asian Women's Group:** 10.30am-12.30pm  
Social Group: Chat, Chai and Craft.  
**KRCC**

**English Speaking and Listening Club** 10.30am-12.30pm  
(third Monday of the month, volunteer-run)  
**GSL**

**Chair Based Exercises** 12-30-1.15pm  
Not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for.  
**GSL**

**Pilates for women** 12.45-1.45pm  
Pilates is a popular low-impact exercise. It's effective for toning up, building lean muscle, and improving posture. Practicing Pilates can be beneficial for your health and help you maintain a healthy weight.  
**KRCC**

**Chair Based Exercises** 1.15-2pm  
Not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for.  
**GSL**

**Newham Stroke Club** 2-4pm  
Support Group for Stroke Survivors with chair based exercise.  
**KRCC**

**Yoga for all** 6-7.30pm  
Improve flexibility, strength, and posture. Daily yoga practice will help stretch and tone your body muscles. Better all-round fitness, Weight loss. Increase your energy. Reduce stress. Breathe better. Be happier. Become more mindful.  
**GSL**

**Textile Arts** 6-7.30pm  
Bring-in your Craft Projects, share your expertise and learn new skills. Don't forget to bring your favourite treat to share!  
**GSL**

## Tuesday

**Cardiac Rehab** 9.30am-12pm  
Referral through you GP. Cardiac rehab is a medically supervised program designed to improve your cardiovascular health if you have experienced heart attack, heart failure, angioplasty or heart surgery.  
**KRCC**

**ESOL Class** 10.30am-12.30pm  
English for Speakers of Other Languages: Listening, speaking, reading and writing English.  
**GSL**

**Knit and Natter** 10.30am-12.30pm  
Friendly and informal group. Basics of Knitting, Crochet & Cross-Stitch can be taught.  
**GSL**

**Zumba – Women only** 1-1.45pm  
A total-body exercise – a good, high-energy aerobic workout. Zumba fitness is also good for core strength and flexibility.  
**KRCC**

**Creative Conversational English** 1-2.30pm  
Conversation Classes for Women looking to improve their Basic Functional English Skills.  
**GSL**

**50+ Pakistani Men's Group** 2-5pm  
Social group.  
**KRCC**

**Chair-based Zumba** 2-2.45pm  
Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.  
**KRCC**

**Coding Club (ages 9-12)** 4-5pm  
Learn how to use Computer Code.  
**GSL**

**Family Yoga** 5-6pm  
Yoga lessons targeted towards Children – Parents/Guardians must participate.  
**GSL**

**Yoga for adults** 6-7.30pm  
Improve flexibility, strength, and posture. Daily yoga practice will help stretch and tone your body muscles. Better all-round fitness, Weight loss. Increase your energy. Reduce stress. Breathe better. Be happier. Become more mindful.  
**GSL**

## Wednesday

**Cardiac Rehab** 9.30am-12pm  
Referral through you GP. Cardiac rehab is a medically supervised program designed to improve your cardiovascular health if you have experienced heart attack, heart failure, angioplasty or heart surgery.  
**KRCC**

**ESOL Class** 10.30am-12.30pm  
English for Speakers of Other Languages: Listening, speaking, reading and writing English.  
**GSL**

**Grants Workshop** 11am-12pm  
Help and advice in applying for 'Go For It' and/or 'Get the Party Started' Grants.  
**GSL**

**Yoga for all** 12.30-1.30pm  
Improve flexibility, strength, and posture. Daily yoga practice will help stretch and tone your body muscles. Better all-round fitness, Weight loss. Increase your energy. Reduce stress. Breathe better. Be happier. Become more mindful.  
**KRCC**

**Creative Conversational English** 1-2.30pm  
Conversation Classes for Women looking to improve their Basic Functional English Skills.  
**GSL**

**Chair Based Exercises** 2-3pm  
Not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for.  
**GSL**

**Stroke Group** 2-4pm  
Support Group for Stroke Survivors with chair based exercise.  
**KRCC**

**Councillors Surgery** 4.30-6pm  
Councillor Muhammad Abdhul Ali  
1st and 2nd Wednesday of the month  
**GSL**

**Youth Session** 5.30-8.30pm  
Social group for Teens –make new friends, enjoy games and take part in learning new skills.  
**KRCC**

**Chess Club** 5.30-7.30pm  
Learn to play chess and test your skills against other players.  
**GSL**

**ESOL Class** 5.45-7.45pm  
English for Speakers of Other Languages: Listening, speaking, reading and writing English.  
**GSL**

## Thursday

**Women's only Fitness Circuit** 9.15-10am  
Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity aerobics. It targets strength building and muscular endurance.  
**KRCC**

**Women's only Fitness Circuit** 10-10.45am  
Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity aerobics. It targets strength building and muscular endurance.  
**KRCC**

**Do-It-Online** 10am-12pm  
Basic Computer Class: Introduction to MS Word, the Internet, Create an email and Register for My Newham.  
**GSL**

**Women's Ham Safar Group** 10.45am-12.45pm  
Women only Social Group: Chat, Chai and Craft.  
**KRCC**

**Pilates** 12-1pm  
Pilates is a popular low-impact exercise. It's effective for toning up, building lean muscle, and improving posture. Practicing Pilates can be beneficial for your health and help you maintain a healthy weight. Over 55's  
**GSL**

**Tai-Chi for Women** 1-2pm  
Tai-Chi can help people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs. For age 55 and over  
**KRCC**

**Chair Based Exercises Men only** 2.30-3.30pm  
Not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then chair-based exercise could be just what you're looking for.  
**KRCC**

**50+ Pakistani Men's Group** 2-5pm  
Social group.  
**GSL**

**Youth Session** 5.30-8.30pm  
Social group for Teens – make new friends, enjoy games and take part in learning new skills.  
**KRCC**

**Councillors Surgery** 5-7pm  
Councillor Hanif Abdulmuhit  
1st Thursday of the month  
**GSL**

**ESOL Class** 5.45-7.45pm  
English for Speakers of Other Languages: Listening, speaking, reading and writing English.  
**GSL**

**Councillors Surgery** 6-8pm  
Councillor Mumtaz Khan  
3rd Thursday of the month  
**GSL**

## Friday

**Women's only exercise Class** 9.30-10.30am  
Moderate intensity exercises  
Aerobic, Cardio, Strength building.  
Balance Training. Endurance. Flexibility.  
**KRCC**

**Councillors Surgery** 10am-12.30pm  
Councillor Mohammed Muzibur Rahman  
2nd and 3rd Friday of the month  
**KRCC**

**Women's only exercise Class** 10.30-11.30am  
Moderate intensity exercises  
Aerobic, Cardio, Strength building.  
Balance Training. Endurance. Flexibility.  
**KRCC**

**Filipino Social Group** 11.30am-1.30pm  
Get-togethers, cookouts, cinema outing, walkabouts, community volunteering and much more.  
**KRCC**

**Life in the UK Classes** 12.30-2.30pm  
English and Citizenship Classes. 12 week course. Registration charges apply.  
**GSL**

**Under 5s Sensory Storytelling** 1-2pm  
(term-time)  
Run by St Stephen's Children's Centre.  
**KRCC**

**Science Club** 5-6.30pm  
See the wonders of science through observation and experiments.  
**GSL**

**Councillors Surgery** 6.30-7.30pm  
Alternating:  
Councillor Gen Kitchen  
Councillor Moniba Khan  
Councillor Harvinder Singh Virdee  
**Priory Park Community Centre, 106 Parr Rd, E6 1QH.**

**Taekwondo Class** 6.45-7.45pm  
Ages 5-14  
**GSL**

Please contact the Green Street Community Neighbourhood team on 0203 373 0857  
Katherine Road Community Centre on 02085489825 or  
Email: CN.Greenstreet@newham.gov.uk for more information

GSL – Green Street Library, 337-341 Green Street, E13 9AR  
KRCC- Katherine Road Community Centre, 254 Katherine Road, E7 8PN

Under 5s Children Adult's Over 50s Teenagers