

# Social Hub – Meet, watch, and relax

## Active Seniors Social Area

Our Social Area allows you to relax and catch up before or after your activity. It can also be the ideal place for meeting friends and watching others taking part in activity. We will also programme various events through the year which the Active Community Coordinators will arrange and advertise within the Social Area.

All these activities will be included in a timetable that is available from the following places: Reception, the Active Senior Hub itself, and the centre's website [everyoneactive.com/westlindsey](http://everyoneactive.com/westlindsey)

You can also request the timetable by email from [mattsnee@everyoneactive.com](mailto:mattsnee@everyoneactive.com)

Here are some of the events / activities that will take place;

- Puzzles and Games
- Creative Writing Classes
- Quiz Nights
- Consultation and Engagement sessions with Active Community Manager
- Healthy Eating Groups
- Coffee and Cake Mornings



**West Lindsey Leisure Centre**  
01427 615169



West Lindsey Leisure Centre presents  
**THE ACTIVE SENIORS PROGRAMME**

Everyone Active manages this facility in Partnership with West Lindsey District Council



 [facebook.com/eaWestLindsey](https://facebook.com/eaWestLindsey)

 [@everyoneactive](https://twitter.com/everyoneactive)

# Introduction

It's never too late to start exercising and Everyone Active – in partnership with West Lindsey District Council – has developed the Active Seniors Programme, which offers a wide range of activity sessions designed specifically for more senior members of the community. These sessions are run at a suitable pace and feature much lower-impact exercises.

People of all abilities are welcome and catered for, whether you exercise regularly or are a complete beginner, you're sure to find the right activity for you. If you're new to activity, you won't be alone, with plenty of others in exactly the same situation as you. You'll be joining a fun environment, which will help you to meet and engage with new people, alongside improving your physical fitness and mobility.

All the activities on offer have been carefully designed for times that will suit you and will provide a friendly and welcoming experience for everyone that attends.

## Why get active?

### Regular physical activity:

- Reduces the risk of heart disease and strokes
- Helps reduce high blood pressure
- Helps control body weight
- Reduces the risk of colon cancer
- Decreases the risk of depression and reduces stress and anxiety
- Reduces the likelihood of brittle bone disease (osteoporosis) in later life.

The West Lindsey Active Seniors Programme is a dedicated scheme for members of our senior community. It provides a range of activities, as well as a place to meet new people and friends, enjoying a relaxed environment you can visit time and time again. The Active Seniors Programme is delivered in a dedicated area, featuring a multi-purpose studio, short mat bowls area and a social area.

# Available Activities

## West Lindsey Active Seniors

**Discover which activities are available for you to participate in as part of the Active Seniors Scheme.**

### Walking Football

Just as the name suggests, this is football played at a more leisurely pace. It's a great way to stay involved in playing the beautiful game, keeping active and enjoying the team atmosphere without putting too much strain on your body.

### Walk Well

Join us for free Health Walks that we hold all over the local area. These are a fantastic way to get active, meet new people and to get a breath of fresh air. The walks are held at a different location each week, so there's sure to be one near you and you'll never tire of the views, either.

### Disability Sport

These sessions offer a variety of sports and activities for people with disabilities. No matter whether you're an experienced disability athlete, or completely new to it, we're sure to have an activity that's ideally suited to you.

### New Age Kurling

Much like the sport played on ice you may have seen at the Winter Olympics, this game has been adapted so it can be played on any indoor flat surface – including a sports hall floor. It's a game of skill, touch, flair and thought, rather than of speed and physicality.

### Multi-Sport

These sessions offer a fantastic variety of low-impact sports, games and activities to suit everyone. If you're after a way to get active, have fun and meet new people without putting your body through too much strain, then look no further.

### Self-Referral

These sessions support you in improving your lifestyle through a variety of small changes, including your diet, social life and the amount of activity you engage in. To take part, complete a self-referral form available from GP Surgeries, Pharmacies or the Leisure Centre.

### Easy Line

Combining cardio and strength training exercises in a circuit-type configuration, easy line helps you to burn calories quickly and easily, even if you haven't engaged in any exercise for a while.

### Cardiac Rehabilitation

These are specialist sessions designed specifically to help people suffering from Cardiac or Pulmonary illness.

### Pilates

A session designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session for improving posture, flexibility and preventing injury.

### Walking Netball

Like Walking Football, this is a slower and gentler version of netball. The slower pace means you can still enjoy the game, but without putting your body under any undue strain and anyone can play it, regardless of age, ability or fitness levels.

### Aqua

Aqua classes are a superb way to have fun, burn calories and build all-over body strength in a way that's gentle on your body.

### Table Tennis

A fantastic game to play either one-on-one or in pairs, table tennis (ping pong) is a fantastically fun game that's brilliant for keeping your reactions sharp or is great for your hand-eye co-ordination.

### Boccia

Similar to bowls or pentanque, boccia is a competitive and precision team sport that tests muscle control and accuracy. You can either turn up for a casual game, or book the area all to yourself.

### Short Mat Bowls

Short Mat Bowls is a great activity to keep active and still challenge you with friends and other players. Either turn up during the dedicated times or book the area yourself.

### Virtual Classes

These classes use video technology to take you through the exercises you'll be taking on during that session, be it for Yoga, Pilates, or something a little more vigorous.

### Toning Suite

A session that utilises specialist equipment provided by Shapemaster; creating a comfortable environment that is accessible for those with limited mobility and long term health conditions.

