



## Silver Sunday: Celebrating Older People in Barnet

### October 2025 activity programme

| DAY                                                                                          | ACTIVITY                                                                                                    | PROVIDER                                         | TIME        | LOCATION                                       | MAIN CONTACT                                                                                                            |
|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------------|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Sunday<br>5 <sup>th</sup> October                                                            | Silver<br>Sunday<br>main event                                                                              | Age UK Barnet                                    | 11:00-15:00 | Middlesex<br>University<br>Hendon              | Salima Jiwa<br>07503 353157<br><a href="mailto:salima.jiwa@ageukbarnet.org.uk">salima.jiwa@ageukbarnet.org.uk</a>       |
| Monday 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup><br>and 27 <sup>th</sup> October | Table tennis                                                                                                | Finchley Victoria<br>Bowling and Croquet<br>Club | 13:30-16:00 | Ballards Lane<br>Finchley<br>Central<br>N3 1LP | <a href="mailto:hello@fvbcc.com">hello@fvbcc.com</a>                                                                    |
| Monday 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup><br>and 27 <sup>th</sup> October | Walking Tennis                                                                                              | Barnet Lawn Tennis<br>Club                       | 11:30-12:45 | Gloucester<br>Road<br>New Barnet<br>EN5 1RS    | 07713 951489<br><a href="mailto:Johnhallbltc@gmail.com">Johnhallbltc@gmail.com</a><br><br>Book your free taster session |
| Thursday 9 <sup>th</sup> October                                                             | Multi-Sport session<br>Short tennis, table-<br>tennis, Pickleball,<br>badminton. Tea and<br>coffee provided | BETTER<br>Burnt Oak Leisure<br>Centre            | 12:00-15:00 | Watling Ave<br>Edgware<br>HA8 0NP              | <a href="mailto:burnt-oak@gll.org">burnt-oak@gll.org</a>                                                                |
| Friday<br>10 <sup>th</sup> October                                                           | Water Work-out<br>5 places available                                                                        | BETTER<br>Finchley Lido                          | 9:30-10:30  | Great North<br>Leisure Park                    | <a href="mailto:finchley-lido@gll.org">finchley-lido@gll.org</a>                                                        |

|                                       |                                                    |                              |             |                                                          |                                                                                                                                                                    |
|---------------------------------------|----------------------------------------------------|------------------------------|-------------|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                       |                                                    |                              |             | Chaplin Square<br>N12 0GL                                |                                                                                                                                                                    |
| Monday<br>13 <sup>th</sup> October    | Water work Out<br>5 places available               | BETTER<br>Barnet Copthall    | 12:15-13:15 | Champions Way<br>NW4 1PX                                 | <a href="mailto:Barnet.Copthall@gll.org">Barnet.Copthall@gll.org</a>                                                                                               |
| Tuesday<br>14 <sup>th</sup> October   | Walking Netball                                    | BETTER<br>Burnt Oak          | 14:00-15:00 | Watling Ave<br>Edgware<br>HA8 0NP                        | <a href="mailto:burnt-oak@gll.org">burnt-oak@gll.org</a>                                                                                                           |
| Wednesday<br>15 <sup>th</sup> October | Bowling club open day                              | Friary Park Bowling Club     | 11:00-14:00 | Friary Park<br>Friary Road<br>N20 0NR                    | Leslie Cavendish<br><a href="mailto:lesliecavendish1@yahoo.co.uk">lesliecavendish1@yahoo.co.uk</a><br><a href="http://friaryparkbowls.com">friaryparkbowls.com</a> |
| Wednesday 22 <sup>nd</sup><br>October | Walking Football                                   | BETTER<br>Burnt Oak          | 10:00-11:00 | Watling Ave,<br>Edgware<br>HA8 0NP                       | <a href="mailto:burnt-oak@gll.org">burnt-oak@gll.org</a>                                                                                                           |
| Wednesday 22 <sup>nd</sup><br>October | Water work- out<br>5 spaces available              | BETTER<br>Finchley Lido      | 10:15-11:15 | Great North<br>Leisure Park<br>Chaplin Square<br>N12 0GL | <a href="mailto:finchley-lido@gll.org">finchley-lido@gll.org</a>                                                                                                   |
| Friday 23 <sup>rd</sup><br>October    | Multi-Sport Session<br>Pickleball and<br>Badminton | BETTER<br>Barnet Copthall    | 10:00-12:00 | Champions Way, London<br>NW4 1PX                         | <a href="mailto:Barnet.Copthall@gll.org">Barnet.Copthall@gll.org</a>                                                                                               |
| Friday 31 <sup>st</sup><br>October    | Walking Football                                   | Barnet Walking Football Club | 13:30-14:30 | The Hive<br>Camrose Avenue<br>HA8 6AG                    | Shaun Sherrik<br>07870 205940<br><a href="mailto:Barnetwft@yahoo.com">Barnetwft@yahoo.com</a><br><br><a href="#">Walking Football – The Hive Foundation</a>        |

This timetable continues to be updated to offer more activities throughout October. For a most up to date timetable please visit

<https://www.better.org.uk/fab-news-events>