



Silver Sunday at Lloyd Park

Sunday 01 October



A day of activities for older people. Find out what Lloyd Park can offer.

Try out Bowling 10.00-11.00, Synthetic Bowling Green

Free tuition with Walthamstow Borough Bowls Club and a cup of tea!

Volunteer Gardening 11.00-12.30

William Morris Garden (behind the Gallery)

Feel good, help look after your park and learn about gardening.



Fun Walk 12.30-14.00, Outdoor Gym Aveling Fields

Meet other people and enjoy a walk round the beautiful surroundings of Lloyd Park. Plus other fun activities to help improve your fitness.

History Walk 13.30-14.30, Forest Road Gate

Find out about the fascinating history of Lloyd Park with our local expert.

Senior Tai Chi Corner 14.00-15.00

Outdoor Gym Aveling Fields

(or Aveling Centre Community Room if it's raining)

Gentle movements, to improve your health and calm your mind.

Develops your balance and reduces your risk of falling.



Walk for Women 15.00-16.00

Café next to the playground

A friendly and welcoming walk for women only.

Improve your health and enjoy chatting with like-minded people.



Further info Ellie Mortimer 0208 496 2822

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www.walthamforest.gov.uk/lloyd-park <https://silversunday.org.uk/>

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Waltham Forest