



Platform Benoordenhout

Platform Benoordenhout is pleased to present the overview of activities for the Benoordenhout district. This folder is filled with activities that are organised by, for and with your local residents. We would like to thank the municipality of The Hague for its contributions, both substantive and financial.

This folder is partly based on the information that organizations process on the website of the 'Sociale Kaart'.

Do you miss your activity? Then go to www.socialekaartdenhaag.nl, fill in the details of your activity and take us with you.

TIP

Events can change. Check the websites of the organizations or phone them for the current dates and visiting times. Visit also www.wvbn.nl We will publish amendments on this site.

EDITION 2025

BENOORDENHOUT

Overview of activities

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There is a lot to do in Benoordenhout for all age groups. In this folder we have made an overview of activities for everyone. Some are free, others require a contribution. We wish you a lot of fun.

We would be pleased to hear or read what you think of this overview.

You can reach us by email at j.dewit@wijkz.nl or by telephone on 06 1904 4457

TIP

The digital version of this folder can be found on the website of the neighbourhood association:
www.wvbn.nl



Youth



BENOORDENHOUT NEIGHBORHOOD ASSOCIATION

announces in which areas it is active via the Benoordenhout neighbourhood magazine and the website www.wvbn.nl.

Activities of the neighbourhood association include: King's Day, Benoordenhout Hospitable, Games afternoon for youth, Soapbox Race, Art Route, Walking in Clingendael, Sinterklaas arrival. There are various active committees: Green Committee, Spatial Planning Committee, Traffic and Transport Committee, Culture, Publicity and Internationals. You can reach the neighbourhood association via bestuur@wvbn.nl

PLAYGROUNDS

- **Arendsdorp**
Goetlijfstraat 51
- **Van Soutelandelaan**
Opposite the lower house numbers of the van Nijenrodestraat
- **Speelbos Robin Hood**
Haagse Bos, entrance at Bezuidenhoutseweg next to Unicef and at the Boslaan
- **Clingendael playground**
Two entrances on the Ruychrocklaan

Scouting Stanley 55

At the Stanley 55 foundation for scouts in Haagse Hout you can do fun and adventurous activities such as treasure hunts, build huts, arts and crafts, and acting.

Scouting Stanley 55

Oostduinlaan 75
(06) 5178 8352
www.stanley55.nl

MUSIC

Music Academy The Hague (MDH)

Quality and enjoyment in making music are top of the Music Academy's agenda. Young or old, beginner or advanced, our teachers can help everyone achieve their musical desires. MDH offers lessons on all kinds of instruments, singing lessons, introductory courses for children, various ensembles, and it helps prepare people to be accepted to institutes like the Conservatorium and the Associated Board of the Royal School of Music (ABRSM) exams. Examples of lessons include:

- **Children's musical theatre**
Mondays 17.30-18.30 (6-8 years)
- **Music for toddlers** (1.5-2.5 years)
Parent and child
Wednesdays 10:30-11:15.
- **Music lessons** (groups 3, 4 ,5)
Saturdays 11:30-12:30

For the full list of lessons see www.muziekacademiedenhaag.nl

Music Academy The Hague (MDH)

Raamweg 36
(070) 743 0055
www.muziekacademiedenhaag.nl

SPORT

- **Toddler gym** | Buurthuis van de Toekomst@HDM (children aged 1.5-4 years)
Wednesdays 10:15-11:00

The children can enjoy different games and types of exercise during the lessons. Every lesson has a different theme. The most important part is having fun.

Toddler gym

Theo Mann-Bouwmeesterlaan 205,
www.ren4sport.nl
(06) 4191 0908

BENOORDENHOUT LIBRARY

In addition to books, newspapers and magazines, the library also offers lectures, courses, concerts, craft and reading moments and book clubs.

The library is located on the ground floor of the ANWB Rotonde building, at Wasse-naarseweg 220.

- **English reading and craft hour** Every first Thursday of the month from 4 to 5.30 pm.
- **on Tuesdays from 2:00 PM to 3:30 PM there is Language in the Library:** practice the Dutch language together to learn to speak even better.
- **on Wednesday mornings from 9:30 am to 12:00 pm Digital Government Information Point (IDO):** contact with the government is increasingly digital, for example with a DigiD. Could you use some help with this or do you know someone who needs help? Visit the Digital Government Information Point. You do not have to be a member of the library to receive assistance.
- **on Wednesday afternoons from 3:00 PM to 4:30 PM:** Will you also come to Benoordenhout Library on Wednesday afternoons to be read to and do crafts together? For children from 5 to 12 years old.
- **on Thursdays from 2:00 PM to 4:00 PM, the Wijkz consultation hours:** For questions about income, care, participating in society and feeling good. At the reading table employee of the Wijkz Foundation thinks along with you and looks for an answer with you.
- **on Thursdays from 3:00 PM to 4:00 PM; consultation hours of the community police officers for Benoordenhout** at the same reading table.
- **on Fridays from 10:30 am to 11:30 am it's Coffee Hour:** Meet local residents at the library reading table and drink a cup of coffee together!

Information can be found in the library or on the website www.bibliotheekdenhaag.nl. Go to 'agenda', 'view all activities' choose location Benoordenhout.

SERVICEPUNT XL

Anyone living in The Hague can come to the Servicepunt XL with questions about life, well-being and care. The support worker would be pleased to help you www.servicepuntxl.nl

Servicepunt XL

Community centre Mariahoeve

Ivoorhorst 155 The Hague
Contact: (070) 205 24 50 of
wijkcentrummariahoeve@wijkz.nl

There is one community centre with a **Servicepunt XL** in Haagse Hout.

Sports clubs

FOR MORE INFORMATION

About sports and exercise, swimming and swimming lessons, contact **The Sports info line** (070) 353 72 72 or email sportinfo@denhaag.nl

(hole 1 and 9), a driving range, putting green and 3 small practice holes on the estate.

Waalsdorperlaan 40, Wassenaar
www.golfduizigt.nl
(070) 324 6598

Um Yang Kwon

Um Yang Kwon is a hapkido and taekwondo school in Benoordenhout. The school also teaches sword fighting for children aged from 8 to 12 years.

Bisschopstraat 3
www.umyangkwon.nl
(06) 2802 3204

Benoordenhoutse judoschool

Gives lessons in judo, jiu-jitsu, karate-jitsu and Aikibudo. Check the site for the complete overview: www.benoordenhoutsejudoschool.nl.

On the grounds of tennisclub
WW. Van Hogenhoutlaan 35

Kokoro Aikido Dojo

Aikido is a modern martial arts based on harmony and flexibility. You can follow classes on Tuesday and Thursday night

Haags Montessori Lyceum,
Nassau Bredastraat 5
www.aikido-kokoro.nl
(06) 2025 2700

Gyeong-rye Taekwondo club

There are classes for the young and the elderly, for beginners and top-athletes.

Nassau Zuilensteinstraat 7
(Maerlantcollege)
www.taekwondo-den Haag.nl

HDM Hockey club

The club is always represented in the top competitions in the Netherlands, though many members of all ages enjoy the game of hockey at HDM at a lower level as well as its sociability.

Theo Mann-Bouwmeesterlaan 205
www.HDMonline.nl
(070) 324 1353

Haagsche Rugby Club (HRC)

HRC is always a good place to be. It is a professional club and has a pleasant atmosphere. It has good youth training and is mainly run by volunteers.

Theo Mann-Bouwmeesterlaan 800
www.hrc.nl
(070) 324 4955

The Haagsch Handboogschuttersgilde Sint Sebastiaen archery club

Anyone aged 10 years and above can do archery at Sint Sebastiaen. We have a competition hall and a large outdoor shooting range. You can shoot here competitively or for recreation.

Groenendaal 10, Wassenaar
www.sintsebastiaen.nl
(070) 324 8945

The Hague Roadrunners Athletics Club

HRR mostly specialises in training for, taking part in and organising road running competitions. We offer a wide range of ways to build up your fitness level and we also do sport walking, Nordic walking and trail running.

Groenendaal 11, Wassenaar
www.hagueroadrunners.nl
(070) 328 1025

Koninklijke Haagsche Cricket & Voetbal Vereniging club

HC&VV is divided into four sections. These are the football, cricket, tennis and squash.

Van Hogenhoutlaan 39
www.konhcvv.nl
(070) 324 8361

SVC '08 football club

SVC'08, a merger of SV'35 and JAC, has played at the Oostersportpark at the edge of Clingendael since 2010. With around 38 youth and senior teams and 900 members, it is one of the largest clubs in the Haaglanden region.

Van Brienendaal 15, Wassenaar
(in Clingendael)
www.svc08.nl
(070) 324 2422

Golf Duinzigt

Golf Duinzigt is a 9 hole course. It has a natural and very varied character. Inland dune and parklike holes intersperse each other. Golf Duinzigt's clubhouse is on the Duyngeest estate on the Waalsdorperlaan. There are also two holes

Ten Hagen stables

Located in the green area between Wassenaar and The Hague, close to the Duindigt racecourse.

Groenendaal 6 Wassenaar
www.tenhagen.nl
(070) 324 7402

Oranje Tennis Club (OTC)

OTC is a friendly family club in Benoordenhout. Numerous fun activities, tournaments and events are organized throughout the year for young and old, both for recreational and competitive players.

Van Zaekstraat 100
www.oranje-tc.nl
(070) 324 2385

Tennis Club de Aeronauten

A tennis club for people of all ages. You can always play tennis from Monday afternoon to Sunday evening. We also have a jeu de boules course on our premises. In the winter we organise a bridge competition. You're welcome.

Theo Mann-Bouwmeesterlaan 201
www.aeronauten.nl
(070) 324 99 32

Tennisclub WW

WW is a tennis club for all ages. WW has cheaper membership rates for senior citizens who can play tennis from 09:00 to 16:00 on weekdays. The fee is only € 120 a year (€ 10 a month).

Van Hogenhoutlaan 35
www.tennisclubww.nl
(070) 324 6910

Lectures and meetings

HAAGS ONTMOETEN

(The Hague meets) is a place in the neighbourhood where senior citizens and their caretakers are welcome. You can have a coffee together and/or join an activity. It is a place to meet up, share experiences, and relax.

Would you like to meet other people? Do you need information or advice? Are you concerned about a parent or neighbour and would you like to talk about it? Then drop by at one of the locations.

- **Haags Ontmoeten | Evita Lokaal**
Van Alkemadelaan 309A
www.evitalokaal.nl
(070) 314 1606
- **Haags Ontmoeten | Maison Gaspard de Coligny**
Mondays and Thursdays between 10:00 and 15:00
Theo Mann-Bouwmeesterlaan 10
(070) 374 7200

- **Haags Ontmoeten | Florence Oostduin** Tuesdays between 10:00 and 15:00
Goetlijfstraat 5
(070) 754 0555
- **Haags Ontmoeten | Nebo** Tuesday and Thursday between 10.00. and 16.00
Floris Arntzeniusplein 65
(070) 312 3737

For more information see www.haagsontmoeten.nl



● American Womens Club

The American Womens Club organises the AWC Lectures Series lectures and discussions about current topics of interest. For the dates in 2025, see www.awcthehague.org Other activities will be announced on the website of the Benoordenhout Neighborhood Association (www.wvbn.nl) or What's Up Benoordenhout app. Bisschopstraat 5

● Contact Club Benoordenhout

On a regular basis the CCB organises lectures and excursions. You read about it in their bimonthly newsletter. The CCB is also mentioned on the website of the neighbourhood association www.wvbn.nl or phone: (070) 328 1438.

● Het Duinzichtgesprek

The minister talks to people that play an important role in the public debate once a month. For the dates and guests see www.duinzichtkerk.nl. Van Hogenhoucklaan 89
(070) 324 5778

● Society | Evita Lokaal

organizes the Society every first Wednesday of the month from February 5; Every month there is a different speaker, a film or something similar that we talk about together. Afterwards there will be a light lunch.
www.evitalokaal.nl
(070) 314 1606

● Film afternoon and lunch | Evita Lokaal

Every third Sunday of the month 13:00-15:30 from October till March is film afternoon at Evita Lokaal. Enjoy a good film with other neighbourhood residents. And enjoy a tasty lunch before the film. Costs: € 12.50.

Van Alkemadelaan 309A
www.evitalokaal.nl (070) 314 1606

● Informative workshops and presentations | Evita Lokaal

Evita finds it important to inform you well about growing older. For example about health, vitality, finances, digitalization and other topics that contribute to stay as long as possible safe and self-reliant at home. For Evita subscribers the workshops and presentations are for free. The program and dates can be found on our website or in the digital newsletter. Van Alkemadelaan 309A,
www.evitalokaal.nl
(070) 314 1606

● Tuin van Oostduin

Since 2022, the Oostduin-Arendsdorp estate has been enriched with a historic garden. The garden was created with volunteers from the neighborhood and serves as a place of rest and education. You can visit this garden every Wednesday and Saturday between 10:00 and 12:00. Wassenaarseweg 44
www.landgoedooostduin.nl

● Coffee with the sexton | Duinzichtkerk

Thursdays at 10:00-11:00
Everyone is welcome, you do not need to sign up.
Van Hogenhoucklaan 89-91
www.duinzichtkerk.nl
(070) 324 5778.

● Coffee in library Benoordenhout

Fridays at 10.30-11.30 uur at the reading table. Everyone is welcome, you do not need to sign up. Wassenaarseweg 220,
www.bibliotheekdenhaag.nl
(070) 353 4455

● Coffee and game morning at Meeting center | Maison Gaspard de Coligny

Every Tuesday morning from 10:00 am to 11:00 am. Free entrance. Register at Gaspard reception:
(070) 374 7200

● Haags Herinneringsatelier | NEBO

The Hague Remembrance Atelier is a place for meetings and to retrieve and share memories. Various activities such as: painting lessons, bridge or French conversation can be organized. Depending on the activity, a small contribution may be requested.
Opening hours: Tuesday and Thursday 10 a.m. - 4 p.m.
Register at the reception of Nebo. Floris Arntzeniusplein 65
(06) 1774 1901
haagsherinneringsatelier@saffier-groep.nl

Being active and joining in

● **The Contact Club Benoordenhout (CCB)**

Sign up to be a member of the CCB and meet people from the neighbourhood and widen your social network. The CCB organises events such as lectures and outings. For members and donors the courses are free, they also receive a newsletter announcing the wideranging programme for the next few months. Others pay € 5 for each gathering. The CCB is mentioned on the website of the neighbourhood association www.wvbn.nl or phone (070) 328 1438 for more information.

● **Painting | Evita Lokaal**

Wednesdays 13:30-15:30
Painting under the guidance of Mariët at your own level and whatever you want to paint. Contribution incl. materials, coffee/tea. (070) 314 16 06
Van Alkemadeaan 309A,
www.evitalokaal.nl

● **Painting and sketching | Maison Gaspard de Coligny**

Mondays 14:00-16:00
Neighbourhood residents are welcome every Monday to paint and sketch under the guidance of an activity coach. You pay a contribution per session. Theo Mann-Bouwmeesterlaan 10. Sign up: (070) 374 7200

● **Drawing and painting | Haags Ontmoeten Oostduin**

Every Tuesday from 10:30 AM to 12:00 PM. Goetlijfstraat 5 entrance at the rear of Oostduin

● **Watercolor painting and painting | Willemien Mansell**

Thursday morning and evening. Also drawingclass for beginners (bases on the method by Betty Edwards)
Costs: € 120,- for 6 lessons (incl. materials), whmansell@gmail.com.
Breitnerlaan 313
(06) 4269 6667

● **Creative workshops | Evita Lokaal**

Making cards, decorating a beautiful wreath with greenery or painting glass, every month there is a different creative workshop. For the program, see the website: www.evitalokaal.nl

● **Philosophy | Evita Lokaal**

Every third Friday of the month 13:30-15:30. Gerrit Teule introduces philosophical thinking every month. The starting point is 'natural philo-

sophy'. Join fellow residents and dive in and exchange your thoughts with each other. Costs: € 7,50 per session (incl. coffee/tea). www@evitalokaal.nl
Van Alkemadeaan 309A
(070) 314 1606

● **Social meetings with musical or cultural performance | Maison Gaspard de Coligny**

Every Thursday from 15:15 to 16:15 opportunity to meet other people for a drink and tasty snack. Every second Thursday there is a performance before the drinks from 14:00 to 15:00. This could be given by various people, including students from the Royal Conservatoire. Costs € 5, Wel Thuis member € 3. Sign up at the reception (070) 374 7200.

● **French conversation lesson | Maison Gaspard de Coligny**

Every Thursday afternoon from 1:30 PM to 2:30 PM.
5 lessons €75 for local residents and €50 for Wel Thuis members.
Registration: (070) 374 7200
Theo Mann-Bouwmeesterlaan 10

● **Reading club | Evita Lokaal**

Every first Monday of the month from 3:30 PM to 5:00 PM
Every last Friday of the month from 10:00 AM to 11:30 AM
There are two book clubs that each meet monthly to exchange ideas about a book they have read.
Van Alkemadeaan 309A,
www.evitalokaal.nl (070) 314 1606

● **Bridgen | Maison Gaspard de Coligny**

Every Tuesday afternoon from 1:30 PM to 2:30 PM while enjoying a cup of coffee/tea. No fees. Register at Gaspard reception: (070) 374 7200.

● **Chess Club Benoordenhout**

Weekly club evening on Wednesdays at American Womens Club, Bisschopsstraat 5, for more info info@scbenoordenhout.nl or phone (070) 328 0201

● **Bridge | De Aeronauten**

Thursdays at 19:30 (between mid-October and about mid-March)
Members and donors are welcome to play bridge during the winter.
Theo Mann-Bouwmeesterlaan 201
(070) 324 9932

● **Bridgeclub Redubeth | LST**

Thursdays from 19:30-23:00
Practice and improve your game at

a small, friendly bridge club. The competition organisers will arrange a partner if required. The annual contribution is € 150 including membership of the NBB. Let's Stick Together (LST), Theo Mann-Bouwmeesterlaan 203 (070) 324 8607 of redubeth@gmail.com

● **Bridgeclub E.H.B.V De Bond | LST**

Every Monday, Wednesday and Friday from 13:30. Tuesdays from 19:30. Bridge is a card game that is also included in the list of mind sports. De Bond has its residence at Let's Stick Together, www.3018.bridge.nl, (070) 324 05 72
Theo Mann-Bouwmeesterlaan 203

● **Rondje Park**

When you have Parkinson's there are activities that have a proven positive effect in Parkinson's. Think of Tai Chi, yoga or chair yoga, dancing, balance training, singing, memory and cognitive training, meditation and even boxing. Rondje Park offers the opportunity to practice these different activities every day with a strip card. On Tuesday morning you can choose between workshops or lectures. Zuid-Hollandlaan 7, www.rondjepark.nl

HAAGS STEUNSYSTEEM

(The Hague support system) supports people with special psychological needs to be part of society.

If you have any questions about things like volunteer work, learning, daytime activities, hobbies, or if you are looking for someone to do things with, come to a Werktafel (worktable) with your question. The Werktafel for Mariahoeve, Benoordenhout, Bezuidenhout, Voorburg and Leidschendam are held every second Tuesday of the month at WDC Mariahoeve at the Ivoorhorst. It is a network of professionals, volunteers and people with experience in psychiatry who will think about the options and answers to your questions with you. You can also make an appointment to discuss your question.

Contact details:

Matthijske Verseput: (06) 5114 7013
Joanne Silvius (06) 4719 7315
www.haagssteunsysteem.nl

Sports and exercise



- **Bootcamp in Park Clingendael**
The Bootcamp Team training consists of jogging, interval training and fitness exercises in nature. The perfect workout to feel strong, fit, slim and energetic. We meet at the entrance to the park, Wassenaarseweg/Laan van Clingendael. For the training times see: www.bootcamp-team.com/locaties/den-haag
- **Exercise works | Gaspard de Coligny**
Every Wednesday morning from 10 a.m. to 11 a.m. gymnastics and exercise exercises under the supervision of a teacher in the Gaspard conservatory. Free of charge. Register at Gaspard reception (070) 3747200
- **Buurtgym | Buurthuis van de Toekomst @HDM**
Mondays at 10:00-11:00, followed by bowls until 12:00 for the fans. Every Monday morning senior citizens (70+) can practice their balance and coordination. The lesson consists of different exercises done standing up and sitting down. Start at 10:00. Participants are warmly invited to join for a cup of coffee and have a chat. After the first hour, you can play bowls. You pay a little contribution. Theo Mann-Bouwmeesterlaan 205, www.HDMonline.nl/buurthuis.
- **Chair yoga | Maison Gaspard de Coligny**
Every Tuesday from 10:30 to 11:30 you can move at your own level, enjoy relaxation as well as exercise. Costs € 5, Wel Thuis member € 3 - Given the limited space please sign up beforehand at the reception: (070) 374 7200
- **Evita OLDstars Tennis | Evita Lokaal**
From April to September, people 65+ can again participate in the Evita OLDstars Tennis lessons. The lessons are given at WW. Subscribe to the Evita Lokaal digital newsletter or keep an eye on the website for start dates and times.
- **Exercise garden at Bronovo**
Exercise is important for your health. That is why there is an exercise garden at Bronovo. The exercise garden is open to everyone. It has easy to use apparatuses to help improve your fitness level or strengthen your muscles. Bronovolaan 5 (070) 312 4207
- **Fall prevention**
There are fall prevention courses at regular intervals. Register with Neighbourhood Sports Coach Kenneth van Veen via kenneth.vanveen@bewegenwerkt.nl (06) 3977 5978.
- **Jeu de Boules | Aeronauten Tennis Club**
Every Monday, Wednesday and Friday at 16:00
You can play jeu de boules twice a week on the course underneath the Koepel. Aeronauten's tennis members can play free of charge. Others need to become a donor member at an affordable fee to play. Target group: adults and senior citizens. Theo Mann-Bouwmeesterlaan 201. www.aeronauten.nl, (070) 324 9932
- **Training and jeu de boules course**
There is a training circuit and jeu de boules course in the Bosjes van Zanen that can be used by all neighbourhood residents. The entrance is opposite Ruychrocklaan 340.
- **Jeu de boules course**
There is also a jeu de boules course opposite the Nebo building that is accessible for neighbourhood residents. Therese Schwartzestraat.
- **Jeu de Boules | garden of Maison Gaspard de Coligny**
From June to September, when the weather is nice, you can play pétanque in the garden or another outdoor activity from the Gaspard Meeting Center. From 10 a.m. to 12 p.m. Register at the reception of Gaspard tel. (070) 374 7200
- **More Exercise for Senior citizens (MBVO)**
All sorts of exercises are done using different materials. Everyone determines their own pace. Exertion is interspersed with relaxation. Sign up: 070 205 25 60 You pay a contribution. Woonlocatie Waalsdorp, Thursdays at 09:30-10:30, Jan Muschlaan 157
- **Padel | tennispark WW**
At Peakz you can book on the website a playfield or plan a lesson. You pay per time, so you are not tied to a subscription. That works just like the padel racket: no strings attached. On the website you'll find all the information you need. Locatie: tennispark WW, Van Hogenhoucklaan, www.peakzpadel.nl
- **Senior gym | Buurthuis van de Toekomst@ HDM**
Wednesdays 11:00-12:00 and 12:00-13:00
Senior gym is suitable for senior citizens who want to do sports safely. Anyone can join the session. You can do the exercises, such as moving on a chair, at your own level and pace. You do different exercises with and without materials in the sports hall at HDM. The focus is on balance and coordination. After the lesson, drink a cup of coffee together in HDM's club house. You pay a contribution. Theo Mann-Bouwmeesterlaan 205, www.HDMonline.nl/buurthuis.
- **Sports and games**
Mondays from 17:15-20:15, Tuesdays from 19:00-20:00
Everyone, with or without a medical history, is welcome to join in and get fit and healthy. The club is part of the national Harteraad association. Some health insurers reimburse part of the costs. Bronvolaan 3, www.haagseharttrimvereniging.nl (070) 324 4222
- **Stand Firmly – Fall prevention | Buurthuis van de toekomst@HDM**
Fancy an hour of vigorous exercise, both physically and mentally? With this activity we combine brain gymnastics, fall prevention and sports & games in 1 hour into a nice mix. Every Monday morning from 11:30-12.30. Are you 60+ and interested? The first lesson is free. For the rest you pay a contribution each time, including a cup of coffee and cake afterwards. Theo Mann-Bouwmeesterlaan 205, www.HDMonline.nl/buurthuis
- **Walks | Evita Lokaal**
Mondays at 15:15-16:30
Rediscover the neighbourhood and share experiences of nature. You pay a contribution (incl. coffee/tea afterwards)
Van Alkemadelaan 309A (070) 314 1606
- **Tai Chi | Buurthuis van de Toekomst @HDM**
Fridays at 09:45-10:45
Tai Chi and Qigong are centuries old forms of exercise from China, specialising in maintaining the body and mind. As both the upper and the lower body move, coordination, balance and bodily awareness are

Fitness and yoga clubs

- **The Energy Boutique/Helen Essers Personal Trainer**
Benoordenhoutseweg 227D,
(06) 2420 4913
- **Feel Fit & Yoga**
van Hogenhoucklaan 35
www.feelfitdenhaag.nl
(06) 5368 5547
- **Get Fit Stay Fit Personal Training Studio** Breiterlaan 8
www.getfitstayfit.nl
(06) 1482 9190
- **De Pilates Studio Palma** (Personal Training) Weissenbruchstraat 35
www.palmapilates.nl
(070) 324 3563
- **Iyengar Yoga** Zuid Hollandlaan 7
www.yogavanpoll.nl
(06) 3027 5112
- **Zuiver Pilates**
van Hogenhoucklaan 35
www.zuiverpilates.nl
(06) 4554 8292

needed and developed. You pay a contribution.

Theo Mann-Bouwmeesterlaan 205,
www.HDMonline.nl/buurthuis.

- **Tai Chi | Evita Lokaal**
From January 8, 2025, ten Wednesday afternoons from 2:00 PM to 3:00 PM. Please register in advance via info@evitalokaal.nl Van Alkemadeaan 309A or tel. (070) 314 1606.
- **Vitality Club**
Wednesdays from 10:30-11:30.
Sports and exercise are good for everyone, even at an older age. And

it reduces the chances of illness and chronic illness. Exercise together to stay fit, maintain a good condition, and feel physically and mentally fitter. Location: Main entrance Clingendael Wassenaarseweg.
More information: elderly consultant stichting Wijkz (070) 205 2560.

- **Walking Hockey | Buurthuis van de Toekomst@HDM**
Fridays at 11:00-12:00.
Walking hockey is a quite a new sport. You may not run and the ball must remain below knee level. Walking hockey is perfect for senior citizens who want to keep moving in a way that is healthy and injury free. It is played by people aged 55+ that want to stay active. The social aspect, the third half, is an important component of the training.
Theo Mann-Bouwmeesterlaan 205,
www.HDMonline.nl/buurthuis.
- **Walks in the Neighbourhood | Buurthuis van de Toekomst@HDM**
Mondays at 10:00
Every Monday at 10:00 neighbourhood residents can come to HDM for a walk around the neighbourhood. If you also want to play bowls, make sure you are back at buurthuisvandetoekomst@HDM by 11:00.
Costs: free
Theo Mann-Bouwmeesterlaan 205,
www.HDMonline.nl/buurthuis
- **Park Running in Park Clingendael**
Park Running is free and gives you a lot: satisfaction, fun with others, endorphins, friendly running mates, pat on the backs, and your personal score. And it's completely free! In short, Park Running is a satisfying walk or jog in the park on a Sunday morning every month. The distances are 1, 3 and 5 kms. It is for every

DUURSAAM BENOORDENHOUT

Request an energy coaching meetings



Our Energy Coaches are fellow local residents who advise you independently and free of charge on energy-saving measures. The coaches will discuss with you what is possible and feasible for your home. These measures concern insulation and improvement of the comfort of your home, such as small and cheap measures such as draft excluders and radiator foil, double glazing and insulation of roof, floor and façade.

www.duursaambenoordenhout.nl

level! We meet at 09:15 at Clingendael for every Park Run. The Hague Road Runners, www.hagueroadrunners.nl (070) 328 1025

- **Walking Clingendael | Run & Walk**
Saturdays 09:15 to 10:30.
Clingendael Run & Walk has 2 walking groups. A slower group for people who are older or recovering from an injury or illness. And a Nordic Walking group for people who want a slightly tougher training session. A basic training on the effective use of the poles is required to join the Nordic Walking group.
Theo Mann-Bouwmeesterlaan 800,
www.clingendaelrunandwalk.nl,
(06) 5709 5175
- **Fitness | Haagse Harttrim-association**
There are training sessions for groups. There is also time for exchanging experiences and sociability. You are always welcome for a trial lesson. Sign up at www.haagseharttrimvereniging.nl, Bronvolaan 3, (070) 324 4222.

Music

Concerts are held at the Paschalis Church, the Duinzicht Church and the American Protestant Church Of The Hague. These are announced in the neighbourhood magazine and on the website of the neighbourhood www.wvbn.nl and the churches' websites.

Gunst, wat een kunst Raamweg 45
A meeting place for the artistically inclined, has a small concert hall
(070) 346 0052
www.gunstwateenkunst.nl

- **'Gluren bij de burens'** (peeking at the neighbours) is an annual national initiative in which concerts can be enjoyed in people's living rooms. Keep an eye on the website of the neighbourhood association.
- **Women's pop choir** for women (Dutch and expat) of ANY age who want to sing together and, above all, have fun, rehearses weekly on Monday evenings in the Duinzicht Church (Van Hogenhoucklaan 89) from 7:20 PM to 9:00 PM.
Information: i.i.rombach@icloud.com
- **de Symphonic Seniors**
Adventkerk, Robijnhorst 197
www.symphonicseniors.nl
- **Music afternoons and evenings** to which neighbourhood residents are welcome are held at Maison Gaspard de Coligny, Aelbrecht van Beijeren, Nebo, Mr L.E. Visser house, Florence and Waalsdorp. Find them on the relevant websites.
- **the Music Academy**
Raamweg 36, 2596 HN The Hague,
www.muziekacademiedenhaag.nl
(070) 743 0055
- **Sinfonietta The Hague**
The weekly rehearsal is at the Paxkerk, Vlamenburg 2
www.sinfoniettagenhaag.nl,
(06) 2508 5018

Neighbourhood meals



● The Salon and Cafe de Sans Soucis | Maison Gaspard de Coligny.

Lunch, dinner, or coffee and cake. Do you want to enjoy a pleasant lunch, dinner or a piece of cake with a coffee at the restaurant at Maison Gaspard? You're welcome. Given the limited places, please sign up at the reception: (070) 3747200

● Meal group | Duinzicht Church

On the first Mondays in the month (not every month) you can pull up a chair for a delicious meal at 18:00. Everyone is welcome. You pay a contribution. Check the calendar for the dates and how you can sign up on the website of the Duinzicht Church. Van Hogenhoucklaan 89-91, (070) 324 5778

● Pan op Tafel | Evita Lokaal

Every 4th Monday in the month 18:00. A delicious two course meal in the company of neighbourhood residents. Our voluntary chefs cook and you can pull up a chair. You pay a small contribution. Van Alkemadelaan 309A, (070) 314 1606

● Aanschuiftable | De Rode Olifant

'Aanschuiftable' are organized throughout the city to enjoy a delicious lunch or dinner with neighbours. This lunch is organized on the last Wednesday of the month in the De Rode Olifant building, Zuid Hollandlaan 7. For dates, costs and registration: www.aanschuiftable.nl

COMPUTER LESSONS/ HEALTHCARE TECHNOLOGY

Computer course | Buurthuis van de Toekomst@HDM

Once every three months the Buurthuis van de Toekomst@HDM and the Nationaal Ouderfonds hold the Welcome Online computer course. This is an online course that you can take independently or with a volunteer. The group lesson, of up to eight people, gives the opportunity for interaction and questions. You need a smartphone, tablet or a laptop with an internet connection. A free internet connection is available at the Buurthuis van de Toekomst@HDM. The course is free of charge.

For more information:

www.HDMonline.nl/buurthuis.

Slim wonen with healthcare technology | Gaspard de Coligny

This could be a personal alarm system, a digital medicine reminder, senior citizens' tablet, or a vacuum cleaning robot. You can try the healthcare tools at home first and if they are useful, you can then purchase them. You can also get free support from the Slim Wonen volunteers to learn to use your smartphone or tablet. In addition to Smart Living, there is also a lending and sales service for Medipoint aids. If you are a Saffier Wel Thuis member, you will receive a discount on Medipoint aids.

Opening hours for Slim Wonen by appointment and Medipoint on Tuesday and Wednesday afternoons from 1:30 PM to 3:30 PM.

For more information email; slim.wonen@saffiergroep.nl or call Gaspard reception: (070) 374 7200

Do you want to learn to use a computer or tablet?

Evita Lokaal Benoordenhout in collaboration with Senior Web. Every first wednesday there is Digitaal Café 16:00-17:30. You can ask short questions about tablet, smartphone or computer.

For the most recent programme www.evitalokaal.nl

Van Alkemadelaan 309 A, Sign up: (070) 314 1606

SUMMER PROGRAM BENOORDENHOUT

From July 19 to August 31 there is a Summer program, especially for those staying at home in Benoordenhout. This contains a number of permanent and one-off activities. You will find the summer program in the neighborhood magazine and on the website of the neighborhood association.



RELIGIOUS ACTIVITIES

There are weekly activities for different religions:

● Duinzichtkerk

Van Hogenhoucklaan 89-91
www.duinzichtkerk.nl
(070) 324 5778

● St. Marcus Coptic Orthodox Church

van Akenstraat 19.
www.koptischekerkdenhaag.nl
(070) 324 8081.

● Mobarak Mosque Oostduinlaan 79

(070) 324 5902

● Sint-Paschalis Baylon Church

Wassenaarseweg 53, (070) 324 5491
www.rkdenhaag.nl/geloofsgemeenschappen/h-driekoningen/kerken/paschalis-baylon/

● American Protestant Church of The Hague,

Esther de Boer van Rijklaan 20
(070) 324 4490
www.apch.nl

Where can you find even more activities?

● Website Platform Benoordenhout: www.platformbenoordenhout.nl

● Neighbourhood association Benoordenhout website: www.wvbn.nl

● Municipality of The Hague website: social map The Hague; www.socialekaartdenhaag.nl

● The websites of the organisations themselves.

Do you want a new activity and you need advice how to organize it? Please contact the community worker of the Wijkz Foundation: j.dewit@wijkz.nl.

The neighbourhood association has printed a brochure for internationals that contains 'general information for foreigners' in Benoordenhout. The neighbourhood association issues a neighbourhood magazine 6 times a year that is delivered to homes. It contains many announcements of activities.

Also check the website of the social map The Hague. Registration is easy and free. www.socialekaartdenhaag.nl

For a full list of digital support in Haagse Hout, contact the Bezuidenhout Community Centre (070) 205 2560 or email j.dewit@wijkz.nl

Welcome online