



Platform Benoordenhout

Platform Benoordenhout is pleased to present the fifth overview of activities for the Benoordenhout district.

This folder is filled with activities that are organised by, for and with your fellow residents. We would like to thank the municipality of The Hague for its contributions, both financial and in terms of content.

TIPS

Events can change

Check the websites of the organisations or phone them for the exact dates and times

The digital version of this guide can be found on the website of the neighbourhood association: www.wvbn.nl and on www.platformbenoordenhout.nl
We will publish amendments on these sites.

EDITION 2026

BENOORDENHOUT

Overview of activities

5

There is a lot to do in Benoordenhout for all age groups. In this guide we present 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 what you think
of this overview.

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



Youth



PLAYGROUNDS

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

Scouting Stanley 55

At the Stanley 55 foundation for scouts in Haagse Hout you can have fun and join in adventurous activities such as treasure hunts, building 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 at the top of the Music Academy's agenda. Young or old, beginner or advanced, our teachers can help everyone achieve their musical goals. 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 (ages 6-8)
- **Music for toddlers** (ages 1.5-2.5)
Parent and child
Wednesdays 10:30-11:15.
- **Music lessons** (groups 3, 4 en 5)
Saturdays 11:30-12:30

For the full list of lessons see:
www.muzeekacademiedenhaag.nl

Music Academy The Hague

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

BENOORDENHOUT LIBRARY

At the local library, you'll find not only books, newspapers, and magazines, but also lectures, courses, and concerts. There are also crafts, story-times, and book clubs.

The library organises a wide range of activities for babies, toddlers, children, teenagers, adults, and seniors. The

selection is too extensive and varied for this activity overview. Therefore, visit the website (www.bibliotheekdenhaag.nl) or stop by and speak with a member of the staff. You can also subscribe to the newsletter.

The library is located on the ground floor of the ANWB Ronde building, at Wassenaarseweg 220.

SERVICEPUNT XL

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

Servicepunt XL

Community Centre Mariahoeve

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

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

SPORT

The children can enjoy different games and exercises during the lessons. Every lesson has a different theme. The main goal is to have fun.

Toddler gym

Buurthuis@HDM

(children aged 1.5 to 4)
Wednesdays 10:15-11:00

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



WIJKVERENIGING BENOORDENHOUT

The Benoordenhout neighbourhood association announces its activities in their magazine and on their website www.wvbn.nl.

Activities in the neighbourhood include: King's Day, Benoordenhout Hospitable, Games afternoon for young people, 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

Sports clubs

Um Yang Kwon

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

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 Hogenhoucklaan 35

Kokoro Aikido Dojo

Aikido is a modern martial art based on harmony and flexibility. You can take 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 advanced athletes.

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

HDM hockey club

HDM is consistently represented in the top of the Dutch competition, both at senior and youth levels. We also offer our 2,100 members plenty of sporting enjoyment and socializing. Our facilities regularly host community activities.

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

Golf Duinzicht

Golf Duinzicht is a 9-hole course. It has a natural and very varied character: inland dune interspersed with parklike holes. Golf Duinzicht's

clubhouse is on the Duyngheest estate on the Waalsdorperlaan. There are also two holes (1 and 9), a driving range, putting green and 3 small practice holes on the estate.

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

Haagsche Rugby Club (HRC)

HRC is always a good place to be. It is a professional club with a pleasant atmosphere. It has a good youth training programme 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 older can practise archery at Sint Sebastiaen. We have a competition hall and a large outdoor shooting range. You can shoot competitively or for recreation.

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

The Hague Roadrunners Athletics Club (HRR)

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 offer sport walking, Nordic walking and trail running.

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

Koninklijke Haagsche Cricket & Voetbal Vereniging club (HC&VV)

HC&VV is divided into four sections: football, cricket, tennis and squash.

Van Hogenhoucklaan 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 Brienenlaan 15, Wassenaar
(in Clingendael)
www.svco8.nl
(070) 324 2422

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 organised 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

HLTC De Aeronauten is located on Theo Mann-Bouwmeesterlaan. Our tennis park consists of 11 courts that are playable (almost) year-round. All courts are equipped with LED lighting. Members can reserve a playing time online for up to 1.5 hours. An active youth department provides excellent guidance during training sessions and tournaments. The club has a pétanque court and organizes a bridge competition in the winter. Want to experience the atmosphere at De Aeronauten? Come and watch matches from our beautiful terrace during one of our fun tournaments.

Theo Mann Bouwmeesterlaan 201
www.aeronauten.nl
(070) 324 9932

For more information

For more information about sports and exercise, swimming and swimming lessons, contact **The Sports info line** on (070) 353 72 72 or e-mail sportinfo@denhaag.nl

Lectures and meetings

○ American Women's Club

The American Women's Club organises various activities.

There are often other activities for people who live in Benoordenhout. Everything is announced on the website of the Association www.wvbn.nl or Facebook page What's Up Benoordenhout.

Bisschopstraat 5

For the dates in 2026

<https://www.awcthehague.org>

○ Contact Club Benoordenhout (CCB)

On a regular basis the CCB organises lectures and excursions. You can read about it in their bimonthly newsletter. The CCB is also mentioned on the website of the neighbourhood association:

www.wvbn.nl

(070) 328 1438

○ Het Duinzichtgesprek

Once a month the minister talks to people who play an important role in the public debate. For dates and guests see www.duinzichtkerk.nl.

Van Hogenhoucklaan 89

(070) 324 5778

○ Society | Evita Lokaal

Evita Lokaal organizes the Society every first Wednesday of the month. Every month there is a different speaker, a film or a topic that we talk about together. Afterwards there is a light lunch.

www.evitalokaal.nl

(070) 314 1606

○ Tuin van Oostduin

Since 2022, the Oostduin-Arendsdorp estate has been enriched with a historic garden, called De Tuin van Oostduin. 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

○ Film afternoon and lunch | Evita Lokaal

Every third Sunday of the month there is a film afternoon at Evita Lokaal. From 13:00-16:30, from October to March. Enjoy a good film with other neighbourhood residents. And enjoy a tasty lunch before the film. There's a small fee.

Please register in advance.

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, digitalisation and other topics that contribute to staying safe and self-reliant at home as long as possible. For Evita subscribers the workshops and presentations are free. If you are not a subscriber, we ask a contribution. The programme

and dates can be found on our website or in the digital newsletter. Please register in advance.

Van Alkemadelaan 309A

www.evitalokaal.nl

(070) 314 1606

○ Art/Literary Readings Maison Gaspard de Coligny

Inquire at the Gaspard reception desk and ask for dates and times. Pay per session.

Theo Mann-Bouwmeesterlaan 10

(070) 3747200

○ Coffee with the sexton | Duinzicht Church

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 and game morning | Meeting centre Maison Gaspard de Coligny

Every Tuesday morning from 10:00 to 13:00. Free entrance.

Register at Gaspard reception

(070) 374 7200



For more information see:
www.haagsontmoeten.nl
or drop by at one of the three Haags Ontmoeten locations in Benoordenhout.

HAAGS ONTMOETEN

Haags Ontmoeten (The Hague Meets) is a place 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, 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 Haags Ontmoeten locations.

○ Haags Ontmoeten | Evita Lokaal

Van Alkemadelaan 309A

www.evitalokaal.nl

(070) 314 1606

○ Haags Ontmoeten | Maison Gaspard de Coligny

Mondays and Thursdays between 9:30 and 15:30

Theo Mann - Bouwmeesterlaan 10

(070) 374 7200

○ Haags Ontmoeten | Florence Oostduin

Tuesdays between 10:00 and 15:00

Goetlijfstraat 5

(070) 754 0555



Being active and joining in

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

Would you like to meet people from the neighbourhood and widen your social network? Are you a member of the Benoordenhout neighbourhood association? Then sign up to become a member of the CCB. The CCB organises events such as lectures and outings. The members and donors of the CCB receive a newsletter every two months announcing the programme for the next months.

| www.wvbn.nl
(070) 328 1438

● **Painting | Evita Lokaal**

Wednesdays 13:30-15:30. Painting under the guidance of Mariët at your own level and whatever you want to paint. You pay a contribution incl. materials, coffee/tea. Please register in advance.

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

● **Painting/Drawing/Sculpting | Maison Gaspard de Coligny**

Every Tuesday from 13:30 to 15:30, local residents are welcome to get creative. There's a small fee for each session.

| To register call (070) 374 7200
| Theo Mann-Bouwmeesterlaan 10

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

Every Tuesday from 10:30 to 12:00.
| Goetlijfstraat 5, entrance at the rear of Florence Oostduin.

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

Thursday morning and Thursday evening. Also drawing class for beginners (based on the method by Betty Edwards) Costs: € 120.- for 6 lessons (including materials).

| Breitnerlaan 313
whmansell@gmail.com
(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 programme, see:
www.evitalokaal.nl

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

Every Thursday from 15:15 to 16:15 there is the 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.

| Registration: (070) 374 7200

● **French conversation lessons in the Meeting Centre | Maison Gaspard de Coligny**

Every Thursday afternoon from 13:30 to 14:30, 5 lessons €50.- for local residents and €37.50 for Wel Thuis members.

| Registration: (06) 1754 3453
| Theo Mann-Bouwmeesterlaan 10

● **Reading club | Evita Lokaal**

There are two book clubs that each meet monthly to discuss a book they have read. Every first Monday of the month from 16:00 to 17:30.

Every last Friday of the month from 10:00 to 11:30. There's a small fee. Please register in advance.

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

● **Bridge | Meeting Centre Maison Gaspard de Coligny**

Play bridge every Tuesday afternoon from 13:30 to 14:30 while enjoying a cup of coffee/tea. No fee.

| Register at Gaspard reception.
(070) 374 7200

● **Chess Club Benoordenhout**

The weekly club evening is on Wednesdays at American Women's Club.

| Bisschopstraat 5
www.scbenoordenhout.nl
(06) 8142 4167

● **Bridge | De Aeronauten**

Thursdays at 19:30 (between mid-October and about mid-March) Members and donors are welcome at Tennis Club De Aeronauten to play bridge during the winter.

| Theo Mann-Bouwmeesterlaan 201
(070) 324 9932

● **Bridge Club Redubeth LST**

Thursdays from 19:30-23:00 you are very welcome at Bridge Club Redubeth. You can practise and improve your game at a small, friendly bridge club in Benoordenhout.

The competition organizers will arrange a partner if required. Pleasure and an enjoyable atmosphere are the main goals. Let's Stick Together (LST).

| Theo Mann-Bouwmeesterlaan 203
redubeth@gmail.com
(070) 324 8607

● **Bridge Club 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 is located at Let's Stick Together.

| Theo Mann-Bouwmeesterlaan 203
(070) 324 05 72

● **Rondje Park**

You have Parkinson and you want to stay active, both physically and mentally. There are activities that have a proven positive effect on Parkinson. 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 practise these different activities every day with a strip card. On Tuesday mornings you can choose between workshops or lectures.

| Zuid-Hollandlaan 7
www.rondjepark.nl



The 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 Benoordenhout, Mariahoeve, Bezuidenhout, Voorburg and Leidschendam is 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 Versepoot: (06) 5114 7013
Joanne Silvijs (06) 4719 7315
www.haagssteunsysteem.nl

Sports and exercise



- **Exercise garden 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 equipment to help improve your fitness level or strengthen your muscles.
| Bronovolaan 5
| (070) 312 4207
- **Exercise works | Maison Gaspard de Coligny**
Every Wednesday morning from 10:00 to 11:00 gymnastics and exercises under the supervision of a teacher in the Gaspard conservatory. Free of charge.
| Register at Gaspard reception:
| (070) 374 7200.
- **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 training times see:
| www.bootcampteam.com/locaties/den-haag
- **Buurtgym | Buurthuis@HDM**
Every Monday morning senior citizens (70+) can practise their balance and coordination at the Buurtgym. The lesson consists of different exercises done standing up and sitting down. We start the lesson at 10:15. Participants are warmly invited to join for a cup of coffee and have a chat.
| Theo Mann-Bouwmeesterlaan 205
| www.HDMonline.nl/buurthuis
- **Jeu de Boules | the Aeronauten Tennis Club**
Every Wednesday and Friday at 16:00. You can play 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
- **Jeu de Boules in the garden of Maison Gaspard de Coligny**
From June to September you can play pétanque in the garden or participate in another outdoor activity from the Gaspard Meeting Centre.
From 10:00 to 12:00.
| Register at the reception of Gaspard (070) 374 7200
- **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**
Jeu de boules course opposite the Nebo building that is accessible for neighbourhood residents.
| Location: Therese Schwartzstraat
- **More Exercise for Senior Citizens Benoordenhout (MBVO).** Every Thursday between 10:00-11:00 and 12:00-13:00, we offer a variety of exercise programs using various materials. Exercise alternates with relaxation. Everyone can set their own pace. There is a small fee.
| Location: Waalsdorp Residential Area: Jan Muschlaan 157.
| Registration: 070 205 2560
| For more information, please contact Jeroen: j.vanrossum@wijkz.nl
| 06 4246 5893
- **Senior gym | Buurthuis@HDM**
Wednesdays from 11:00-12:00 and from 12:00-13:00. An accessible workout for everyone who wants to exercise responsibly. The focus is on balance and coordination. After the class, you can enjoy a cup of coffee together in the HDM clubhouse.
| Theo Mann-Bouwmeesterlaan 205
| Buurthuis@hdmonline.nl
- **Padel at Peakz** (WW tennis park location). Book a playfield or plan a lesson on the website. You pay per time period, so you are not tied to a subscription. It works just like the padel racket: no strings attached.
| Location: Tennispark WW, Van Hogenhoucklaan
| www.peakzpadel.nl
- **Sports and games**
Mondays from 17:15-20:15, Tuesdays from 19:00-20:00. For anyone that wants to keep moving. 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.
| Bronovolaan 3
| www.haagseharttrimvereniging.nl
| (070) 324 4222
- **Stand Firmly - Fall Prevention | Buurthuis@HDM**
Want to feel confident, both literally and figuratively? Stevig Staam combines playful exercises with fall prevention to strengthen your balance, mobility, and self-confidence.
| Theo Mann-Bouwmeesterlaan 205
| Buurthuis@hdmonline.nl
- **Chair Yoga | Maison Gaspard de Coligny**
Please inquire at the Gaspard reception desk for dates and times. You pay a small contribution per session.
| Theo Mann-Bouwmeesterlaan 10
| (070) 374 7200
- **Chair Yoga | Evita Lokaal**
Every Wednesday afternoon from 14:00 to 15:00, you can join chair yoga. This is a calm, safe and accessible exercise programme, making it accessible to everyone, regardless of age, fitness level, or flexibility There's a small fee. Please register in advance.
| Van Alkemadelaan 309A
| (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 risk of (chronic) illness. Exercise together to stay fit, maintain a good condition, and feel physically and mentally fitter. Exercise with same-age peers outdoors at the Vitality Club.
| Main entrance Clingendael Wassenaarseweg. More information: elderly consultant stichting Wijkz
| (070) 205 2560.
- **Parkrun in Park Clingendael**
Parkrun is free and gives you a lot: satisfaction, fun, endorphins, friendly running mates, pats on the back, 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 km. It is for every level! We meet at 09:15 at Clingendael for every Park Run.
| www.hagueroadrunners.nl
| (070) 328 1025
- **Walking Clingendael Run & Walk**
Saturdays 09:15 to 10:30. There are 2 walking groups. A slower group for people who are older or are 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

● **Walks | Evita Lokaal**

Mondays from 15:15 - 16:30
Gather at Evita Lokaal and rediscover the neighbourhood and share experiences of nature. You pay a small fee (incl. coffee/tea afterwards)

Van Alkemadelaan 309A
(070) 314 1606

● **Cycling together on the tandem bike | Evita Lokaal**

Would you like to cycle, but unable or afraid to do so independently? Then rent our tandem bike. It has electric assistance. Call or email Evita Lokaal, and we will reserve the bike for you. Cost: €5 per hour.

Van Alkemadelaan 309A
(070) 314 1606

● **Tai Chi | Buurthuis@HDM**

Fridays at 09:30-10:30. 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 needed and developed. You pay a contribution.

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

● **Fall prevention**

There are fall prevention courses at regular intervals. Please register with Sports Coach Kenneth van Veen via: kenneth.vanveen@bewegenwerkt.nl
(06) 3977 5978

● **Walking Hockey | Buurthuis@HDM**

Fridays at 11:00-12:00. Running is not permitted in this sport, and the ball must not be played above knee height. It's ideal for people over 55 who want to stay active and exercise safely without risk of injury. The social element, or the third half, is an important part of the training.

Theo Mann-Bouwmeesterlaan 205
Buurthuis@hdmonline.nl

● **Fitness | The Hague's Harttrim association**

Everyone is always welcome for a trial lesson. There are training sessions for groups and also time for exchanging experiences and sociability. Sign up at:

www.haagseharttrimvereniging.nl
Bronovolaan 3
(070) 324 4222

● **Walks in the Neighbourhood | Buurthuis@HDM**

Every Monday at 10:00 neighbourhood residents can come 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.

Fitness and yoga clubs

The Energy Boutique Helen Essers, Personal Trainer. Benoordenhoutseweg 227D, (06) 2420 4913

Feel Fit & Yoga Van Hogenhoucklaan 35 (070) 306 2505
www.feelfitdenhaag.nl

Get Fit Stay Fit, Personal Training Studio Breitnerlaan 8 (06) 1482 9190
www.getfitstayfit.nl

De Sportkamer Neuhuyskade 32, www.sportkamer.nl 06 3464 3459

De Pilates Studio Palma (Personal Training) Weissenbruchstraat 35, www.palmapilates.nl (070) 324 3563

The Crew Fitness Personal training
www.thecrewfitness.nl
(06) 3407 1096

Iyengar Yoga Zuid Hollandlaan 7
www.yogavanpoll.nl (06) 3027 5112

Zuiver Pilates (06) 4554 8292
www.zuiverpilates.nl
van Hogenhoucklaan 35

www.duursaambenoordenhout.nl

Request an energy coaching meeting at DuurSaam Benoordenhout

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, insulation of roof, floor and façade.



Concerts are held at the Paschalis Church, the Duinzicht Church and the American Potestant Church of the Hague. More information in the neighbourhood magazine, the churches' websites and of the neighbourhood association www.wvbn.nl

Gunst, wat een kunst Raamweg 45 a meeting place for the artistically inclined, has a small concert hall, <https://gunstwa-teenkunst.nl> (070) 346 0052

'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 out for the announcement on the website of the neighbourhood association.

Music

● **Women's pop choir** for women (Dutch and expat) of ANY age who want to sing together with a healthy voice and, above all, have fun, rehearses weekly on Monday evenings in the Duinzicht Church (Van Hogenhoucklaan 89) from 19:20 to 21:00. Information: i.i.rombach@icloud.com

● **Lunchtime concerts** at the Duinzichtkerk by students of the Royal Conservatorium. Every second Tuesday of the month at 12:15. www.duinzichtkerk.nl

● **Sinfonietta Den Haag** The weekly rehearsal is at the Paxkerk, Vlamburg 2 www.sinfoniettadenhaag.nl, (06) 2508 5018

● **The Symphonic Seniors**
Adventkerk, Robijnhorst 197
www.symphonicseniors.nl

● **The Music Academy**
Raamweg 36 (070) 743 0055
www.muziekacademiedenhaag.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.

● **Musica Den Haag** is a symphony orchestra that performs twice a year.
www.musicadenhaag.nl



Neighbourhood meals

● Pan op Tafel | Evita Lokaal

Every 4th Monday of 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 Alkemadeaan 309A
(070) 314 16 06

● De 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? You're welcome.

Given the limited places, please sign up at the reception.
(070) 374 7200

● Meal group | Duinzicht Church

Do you enjoy having a meal with others? On the first Monday of the month (not every month) you can pull up a chair for a delicious meal at 18:00. For both young and old, 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. www.duinzichtkerk.nl
Van Hogenhoucklaan 89-91



COMPUTER LESSONS/ HEALTHCARE TECHNOLOGY

Slim Wonen (smart living) with healthcare technology

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 Slim Wonen, 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:

Slim Wonen by appointment and Medipoint on Tuesday and Wednesday afternoons from 13:30 to 15:30.

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?

In collaboration with SeniorWeb Benoordenhout, Evita Lokaal offers short courses and workshops to support you in using your smartphone, tablet, or computer. You can find the current course offerings on the website.

Have a quick question?

Come to the Digital Café, Seniorweb's free drop-in consultation hour.

Every first Wednesday of the month from 15:30 to 17:30 at Evita Lokaal, and every third Wednesday of the month from 15:00 to 17:00 at Waalsdorp Jan Muschlaan 157.

RELIGIOUS ACTIVITIES IN BENOORDENHOUT

There are weekly activities for different religions:

● Duinzichtkerk

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

● Mobarak Mosque Oostduinlaan 79

(070) 324 5902

● St. Marcus Coptic Orthodox

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

● 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

Summer Programme Benoordenhout



From July 18 to August 30 there is a summer programme, especially for those staying at home in Benoordenhout. This contains a number of permanent and one-off activities. You will find the summer programme in the neighbourhood magazine and on the website of the neighbourhood association.

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: <https://socialekaartdenhaag.nl>

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

The neighbourhood association issues a neighbourhood magazine 6 times a year that is delivered to homes. It contains many announcements of activities.

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