

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Barre / Dance 10.30am - 11.30am £6 With Phoebe. Barr work, posture & core exercises and dance moves</p>	<p>Hairdressing 9am - 1pm Cost Varies With Sue. Appointments for members only</p>	<p>Tai-Chi 10.30am - 11.30am £6 With Chris.</p>	<p>Zumba Gold 10am - 11am £6 With Sally. An aerobic workout inspired by Latin Dance.</p>	<p>Reading Group (once a month)* 10.30am No charge Held in the Lounge</p>
<p>Chiropody (twice a month) 9am - 12pm £20 With Kevin. Appointments for members only.</p>	<p>Refreshments before talks* 10.30am No charge Age UK Richmond provides free tea, coffee and biscuits</p>	<p>Barnes Spinning Group (twice a month)* 11am - 3pm Hand spinning using a drop spindle/spinning wheel. Contact Hazel 07773790835</p>	<p>Knitting Group 10.30am - 12pm £1 An informal group, held in the lounge</p>	<p>Star FISH dance session. 10.30am - 11.30am Arranged by FISH. Contact 02088763335</p>
<p>Artistic Expression Group for Women 10am - 12pm With Mia – Peer Support Worker & Helen. Companionship, Creativity & Conversation</p>	<p>Talk arranged by FISH Neighbourhood Care Group No charge 11am Different speakers weekly. Contact FISH directly 02088763335</p>	<p>'The Reader' Short story reading group (once a month) 11am - 12.30pm Contact FISH directly 020 8876 3335</p>	<p>I.N.S Physiotherapy led exercise class for adults with neurological conditions* 11.15am - 1pm Book with I.N.S. 02087554000</p>	<p>Mobility, Stability & Strength Class 12pm - 1pm £6 With Elaine. Pilates inspired class, mostly mat</p>
<p>Body Strength 12pm - 1pm £6 With Victoria. Focuses on core exercises, increases mobility & strength, mostly seated</p>	<p>Lunch prepared by Age UK Richmond 12pm - 1pm £6 main meal £2 dessert Please book at the centre before the talk commences</p>	<p>Pilates 1.30pm - 2.30pm £6 With Elaine. Improves strength and flexibility</p>	<p>Singing for the Brain (for adults living with Dementia) 1.30pm - 2.30pm Arranged by FISH. Contact 02088763335</p>	<p>Bingo (twice a month) 1pm - 3.30pm £1 A social group, held in the lounge</p>
<p>Alzheimer's Society Dementia Peer Support Group 1.30pm - 3.30pm No charge Run by Alzheimer's Society. Call Dan 07858815758</p>	<p>Picasso in the Park Dementia Art Group 1.30pm - 3.30pm Contact FISH directly 02088763335</p>	<p>Bridge arranged by FISH (twice a month) 2pm - 4pm Contact FISH directly 02088763335</p>	<p>FISH Neighbourhood Care Group Choir 3pm - 4pm Arranged by FISH. Contact 02088763335</p>	<p>Yoga 1.30pm - 2.30pm £6 With Ladan. Floor based adapting to your needs and abilities</p>
<p>Fitness Flow 1.45pm - 2.45pm £6 With Phoebe. A fun and effective low impact class to music to increase your fitness level.</p>				
<p>Qigong 3pm - 4pm £6 With Praveen. Holistic mind & body practice</p>				