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Monday	Information & Advice	By appointment	On benefits and housing...	0207 386 9085
	Computer and Internet training	By appointment	Computer training w/ tutor	Free
	Let's Paint	11:00 – 12:30	Painting group w/ tutor	Free
	Let's Paint	3:00 – 4:00	Painting group ONLINE only	Free

Tuesday	Information & Advice	By appointment	On benefits and housing...	0207 386 9085
	Computer and Internet training	By appointment	Computer training w/ tutor	Free
	Strong and Supple	10:00 - 11:00	Seated exercise w/ tutor & online	£3
	Lunch Club	1:00 – 2:00	Home cooked 2 courses	£4.50
	Social music group - Love Music	2.00 – 3.00	Listen to and discussing songs	Free
	Acupuncture 30 min Treatment	11.00– 1:00	Call to book appointment	£20

Wednesday	Information & Advice	By appointment	On benefits and housing...	0207 386 9085
	Computer and Internet training	By appointment	Computer training w/ tutor	Free
	Chair Yoga	11:00 -12:00	Yoga exercise with professional	£2 donation
	Lunch Club	1:00 – 2:00	Home cooked 2 courses	£4.50
	Shiatsu	11.00 – 1.00	Pressure points massage	Donation
	Reading Group	11.30 – 1.00	Discussing author's works & online	Free
	Fulham FC social club	2.00 – 3.30	Social club with games / quizzes in centre & online	Free

Thursday	Shopping Trip	Home pickup	Sainsbury/Tesco/Asda	£3 to book
	Information & Advice	By appointment	On benefits and housing...	0207 386 9085
	Joints, Ligaments & Strength	11:00 – 12:00	Seated exercise w/ tutor & online	£3
	Computer and Internet training	By appointment	Explore the internet w/ tutor	Free
	Caribbean Lunch Club	1:00 – 2:00	Home cooked 2 courses	£4.50

Friday	Foot Care Podiatry	10:00 – 3:00	Call to book 0203 794 5488	From £20
	Information & Advice	By appointment	On benefits and housing...	0207 386 9085
	Computer and Internet training	By appointment	Computer training w/ tutor	Free
	Chair Yoga	11:00 -12:00	Yoga exercise with professional tutor	£2 donation
	Movement to Music - Dance West	12.00 – 1.00	Exercise class w/ tutor & online	Free
	Lunch Club	1:00 – 2:00	Home cooked 2 courses	£4.50
	Shopping Trip	Home pickup	Sainsbury /Tesco/Asda	£3 to book
	Bingo	2:00 – 3:30	In our centre & online	