

Programme	Time	Descriptions	Cost
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Monday	The Breakfast Club	9:30 – 11:00	Full English Breakfast	£2.50
	Information & Advice	By appointment	On benefits and housing...	0207 386 9085
	Steady and Stable	10:00 – 11:00	Preventing falls and building strength	Book on 0208 962 5582
	Computer and Internet training	11:00 – 1:00	Computer training w/ tutor	Free
	Let's Paint	12:00 – 2:00	Painting group w/ tutor	Free
	Keep fit	1:00 – 2:00	Seated exercise with a trained tutor	£3

Tuesday	Information & Advice	By appointment	On benefits and housing...	0207 386 9085
	Music for Memory	10:45 - 11:45	Singing and social group with live music for memory loss	Free but Transport £2.50
	Computer and Internet training	11:00 – 1:00	Computer training w/ tutor	Free
	Movement to music	12:00 – 1:00	Seated exercise with "Dance West"	£2
	Lunch Club	1:00 – 2:00	Home cooked 2 courses	£4
	Acupuncture 30 min Treatment	1:30 – 3:00	Call to book appointment	£15
	Love Music?	2:00 – 3:30	Social group for music lovers	Free
	Pilates	2:00 – 3:00	With trained Tutor	£5

Wednesday	Information & Advice	By appointment	On benefits and housing...	0207 386 9085
	Computer and Internet training	10:00 – 2:00	Computer training w/ tutor	Free
	Shiatsu 15 min Treatment	11:30 – 1:00	Call to book appointment	Free
	The Reading group	11:30 – 1:00	Reading and discussion group	Free
	Sing-a-Long every fortnight	12:00 – 1:00	Singing group w/professional pianist	£2.50
	Chess Club	1:00 – 2:30	Chess club	Free
	Lunch Club	1:00 – 2:00	Home cooked 2 courses	£4
	Afternoon Tea Talks	2:00 – 3:30	Live talks (ring for topic)	£1 with tea
	Fulham FC social club	2.00 – 3.30	Social group with games / quizzes	Free

Thursday	Shopping Trip	Home pickup	Sainsbury/Tesco/Asda	£2.50 Book
	Joints, Ligaments & Strength	11:00 – 12:00	Seated exercise with a trained tutor	£3
	Reiki 20 Minute Treatments	11:00 – 12:00	Call to book appointment	Free
	Computer and Internet training	12:00 – 2:00	Explore the internet w/ tutor	Free
	Caribbean Lunch Club	1:00 – 2:00	Home cooked 2 courses	£4
	Documentary Film Club	2:00 – 3:00	On large screen with tea	£1
	Portrait Drawing	2:00 – 4:00	Portrait drawing w/ tutor	£8

Friday	Foot Care Podiatry	10:00 – 3:00	Call to book 0203 794 5488	From £19.99
	Computer and Internet training	10:45 – 12:45	Computer training w/ tutor	Free
	Gentle Yoga with Lumi Yoga	11:00 – 12:00	Get strong and supple	Free
	Sewing Club	11:00 – 1:00	Learn small alterations	Free
	Lunch Club	1:00 – 2:00	Home cooked 2 courses	£4
	Shopping Trip	Home pickup	Sainsbury /Tesco/Asda	£2.50 Book
	Bingo	2:00 – 3:30	Club of about 25 people	Up to £40 Full H
	"Lawstop"	2:00 – 4:00	Free Advice on care + support needs	Free last Friday each month