

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 – 12.00	Preventing falls and building strength	with Open Age 0208 962 5582
	Let's Paint	11.00 – 12.30	Painting group W/ tutor	Free
	Visually Impaired Social	12.30 – 2.30	Social group, day trips, talks, teas and snacks.	Free
	Keep fit (Chair based)	1.00 – 2.00	with Yvonne to music	£3
	Computer Tuition	11.00 – 13.00	Explore the internet w/ tutor	Free

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
	Movement to Music	12.00 – 1.00	With "Dance West" tutors	Free
	Lunch Club	1.00 – 2.00	Home cooked 1 or 2 courses	£3 or £4
	Love Music	2.00 – 3.00	Social group for music lovers	Free
	Pilates	2.00 – 3.00	with professional coach	£5
	Computer Tuition	11.30 – 2.00	Explore the internet w/ tutor	Free

Wednesday	Information & Advice	By appointment	On benefits and housing...	0207 386 9085
	Shiatsu 15 min Treatment	11.30 – 1.00	Call to book appointment	Free
	Chess Club	1.00 – 2.30	Chess club	Free
	Lunch Club	1.00 – 2.00	Home cooked 1 or 2 courses	£3 or £4
	Afternoon Tea Talks	2.00 – 3.30	Live talks (ring for topic)	£1 with tea
	Computer & Internet Access	12.00 – 3.00	Explore the internet w/ tutor	Free

Thursday	Shopping Trip	Home pickup	Sainsbury/Tesco/Asda	£2.50 Book
	Joints, Ligaments & Strength	11.00 – 12.00	with trained tutor	£3
	Reiki 20 Minute Treatments	11.00 – 12.00	Call to book appointment	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
	Computer Tuition	12.00 – 2.00	Explore the internet w/ tutor	Free

Friday	Foot Care Podiatry	10.00 – 3.00	Call to book 0203 794 5488	From £19.99
	Gentle Yoga with Lumi Yoga	11.00 – 12.00	Get strong and supple	Free
	Iraqi Womens Social Club	12.00 – 2.00	Social Club exercise & talks	Free
	Sewing Club	11.00 – 1.00	Learn small alterations	Free
	Lunch Club	1.00 – 2.00	Home cooked 1 or 2 courses	£3 or £4
	Shopping Trip	Home pickup	Sainsbury /Tesco/Asda	£2.50 Book
	Bingo	2.00 – 3.30	Club of about 25 people	
Computer Tuition	11.00 – 1.00	Explore the internet w/ tutor	Free	