

Programme	Time	Descriptions	Cost
-----------	------	--------------	------

<b>Monday</b>	<b>The Breakfast Club</b>	9.30 – 12.00	Full English Breakfast	£2.50
	<b>Information &amp; Advice</b>	By appointment	On benefits and housing...	0207 3869085
	<b>Steady and Stable</b>	10.00 – 12.00	Preventing falls and building strength	with Open Age 0208 962 4141
	<b>Visually Impaired Social</b>	12.30 – 2.30	Social group, day trips, talks, teas and snacks. With pick up	£2.50 with transport
	<b>Keep fit (Chair based)</b>	1.00 – 2.00	with Yvonne to music	£3
	<b>Let's Paint</b>	1.30 – 3.30	Painting group W/ tutor	Free
	<b>Computer Tuition</b>	10.00 – 2.00	Explore the internet w/ tutor	Free

<b>Tuesday</b>	<b>Information &amp; Advice</b>	By appointment	On benefits and housing...	0207 3869085
	<b>Music for Memory</b>	10.45 - 11.45	Singing and social group with live music for memory loss	Free
	<b>Movement to Music</b>	12.00 – 1.00	With pro dance tutors	Free
	<b>Lunch Club</b>	1.00 – 2.00	Home cooked 1 or 2 courses	£3 or £4
	<b>Love Music</b>	2.00 – 3.00	Social group for music lovers	Free
	<b>Pilates</b>	2.00 – 3.00	with professional coach	£5
	<b>Computer &amp; Internet Access</b>	12.00 – 3.00	Explore the internet w/ tutor	Free

<b>Wednesday</b>	<b>Information &amp; Advice</b>	By appointment	On benefits and housing...	0207 3869085
	<b>Shiatsu</b>	11.15 – 1.00	Finger pressure massage	Free
	<b>Lunch Club</b>	1.00 – 2.00	Home cooked 1 or 2 courses	£3 or £4
	<b>Documentary Film Club</b>	2.00 – 3.00	On large screen with tea	£1
	<b>Computer &amp; Internet Access</b>	12.00 – 3.00	Explore the internet w/ tutor	Free

<b>Thursday</b>	<b>Shopping Trip</b>	Home pickup	Sainsbury/Tesco/Asda	£2.50 Book 0207 3869085
	<b>Joints, Ligaments &amp; Strength</b>	11.00 – 12.00	with trained tutor	£3
	<b>Reiki 20 Minute Treatments</b>	11.00 – 12.00	Call to book appointment	Free
	<b>Chess Club</b>	1.00 – 3.00	In library	Free
	<b>Caribbean Lunch Club</b>	1.00 – 2.00	Home cooked 2 courses	£4
	<b>Portrait Drawing</b>	2.00 – 4.00	Portrait drawing w/ tutor	£6
	<b>Computer Tuition</b>	12.00 – 3.00	Explore the internet w/ tutor	Free

<b>Friday</b>	<b>Foot Care Podiatry</b>	10.00 – 3.00	Call to book 0203 794 5488	From £19.99
	<b>Gentle Yoga</b>	11.00 – 12.00	Get strong and supple with professional tutor	Free
	<b>Sewing Club</b>	11.00 – 1.00	Learn small alterations	Free
	<b>Lunch Club</b>	1.00 – 2.00	Home cooked 1 or 2 courses	£3 or £4
	<b>Shopping Trip</b>	Home pickup	Sainsburys/Tesco/Asda Main stores	£2.50 Book 0207 3869085
	<b>Bingo</b>	2.00 – 3.30	Club of about 25 people	£25 full house
	<b>Computer Tuition</b>	12.00 – 3.00	Explore the internet w/ tutor	Free