

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Chair Exercise</b> 10.30am – 11.30am with Lise Marie £4</p> <p><b>Chiropody Sessions</b> 9am – 1pm <i>(twice a month)</i> appointments for members only</p> <p><b>Drop in computer sessions practice</b> 10am - 12midday Free for members £1 for non-members</p> <p><b>Lunch</b> Order by 11.15 please 12pm – 1.15pm</p> <p><b>Fit for Life</b> 1.45pm – 2.45pm with Rachel £4 for members</p> <p><b>Line Dancing</b> 3.00pm - 4.00pm with Brian £4</p>	<p><b>Hairdressing</b> with Sue appointments for members only</p> <p><b>FiSH/Age UK Richmond Coffee</b> 10.30am – 11am</p> <p><b>FiSH Talk</b> 11am – 11.45am Donations</p> <p><b>Hearing Checks</b> 10am – 1pm <i>(once a month)</i> Free</p> <p><b>Cooked Lunch</b> 12pm – 1.15pm</p> <p><b>Bingo</b> 1.30pm – 3.15pm 50p</p> <p><b>Poetry/reading Group</b> 2pm – 3pm - Free <i>(twice a month)</i></p> <p><b>Tai-Chi</b> 4pm - 5pm with Robin £4</p>	<p><b>Yoga</b> 10am -11am with Edwina £4 <i>(Please bring own towel)</i></p> <p><b>Reflexology/Massage</b> 11am – 3pm appointments for members only</p> <p><b>Tai- Chi</b> 11.15am – 12.15pm with Robin £4</p> <p><b>Barnes Spinners</b> 11am – 3pm <i>(twice a month)</i></p> <p><b>Mobility Pilates</b> (Chair based - compromised mobility) 1.15pm - 2pm with Jenny £4</p> <p><b>Pilates</b> 2.15pm – 3.15pm with Jenny £4 <i>(Please bring own towel)</i></p>	<p><b>Art Group</b> 10am –12pm 50p</p> <p><b>Knitting Group</b> 10.30am - 12.30pm 50p</p> <p><b>Hairdressing</b> with Sue appointments for members only</p> <p><b>Zumba Gold</b> 9.30 - 10.30am with Tara £4</p> <p><b>Lunch</b> Order by 11.15 please 12pm – 1.15pm</p> <p><b>Indoor Bowls</b> 2pm – 4pm 50p</p> <p><b>FiSH Bridge</b> 2- 5pm <i>(twice a month)</i></p>	<p><b>Reading Group</b> 10.45am – 12.00pm <i>(once a month)</i> - Free</p> <p><b>Yoga</b> 9.30am - 10.30am with Edwina £4 <i>(Please bring own towel)</i></p> <p><b>Rambert Dance Co Elders programme FiSH dance session</b> 10.45 -11.45 £5</p> <p><b>Manicurist</b> <i>(once a month)</i> Appointments for members only</p> <p><b>Fish &amp; Chips Lunch</b> Order by 11.15 please 12pm - 1pm</p> <p><b>Temari</b> (Japanese Thread balls) 1pm – 3.30pm <i>(once a month)</i></p> <p><b>Bingo</b> 1.15pm – 3pm 50p</p>