

Whitton Social Centre 020 8894 4963

Tuesday		Friday	
Exercise Class 9.20 – 10.20am: £4	This involves rhythmic continuous movements which exercise large muscle groups. It improves endurance & cardiovascular health. All fitness levels welcome.	Art & Craft Group 9.30 – 12.00 noon: 50p	A sociable free-and-easy group for all abilities. (Members bring their own equipment.)
Coffee 10.30 – 11.30	Come and enjoy a cup of coffee (or tea) and have a chat.	Coffee 10.30 – 11.30	Come and enjoy a cup of coffee (or tea) and have a chat.
Massage + Reflexology + Reiki by appointment only (£20)	Reflexology involves foot-pressure and massage. Reiki is a hand-placement process to assist healing. Call Karin on 020 8940 9948 to book yourself in for half-an-hour and choose what you do on the day.	Computer Club 9.30 – 12.00 noon: 50p	An internet café facility which also offers the opportunity to practice IT skills. Volunteers with IT experience are on hand.
Chiropody by appointment only (£20)	The practice of studying & treating disorders of the foot & lower leg; designed to keep us up & running with optimum mobility & comfort.	Hairdressing by appointment (during morning)	(Arrange with Gemma on 07769 355076 or with Whitton Social Centre.)
Bingo 12 noon – 1.45pm: 50p	A sociable activity that is mentally beneficial as it keeps the brain alert and exercises attentiveness.	Fish & Chip Lunch 12.00 – 2.00pm brought in from Regan's Fish Bar (purchase price + 50p)	A great opportunity to meet & dine with new people.
Games Afternoon: Bowls, Darts, & Snooker 2.00pm onwards: 50p	All levels welcome. Emphasis on the sociable rather than the competitive.	Table Tennis 2.00 – 5.00pm* (£1 including tea/coffee)	All levels welcome.
		Social Afternoon‡ (for example, beetle drive, quiz, cream teas) 2.00 – 4.30pm†	A varied programme designed to be of general interest and to provide fun.

* Alternate weeks † Monthly ‡ Special events individually charged.