

Whitton Social Centre 020 8894 4963

Tuesday		Friday	
Exercise Class 9.30 – 10.30am: £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 (£15)	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.	Hairdressing by appointment (during morning)	To arrange time & cost, call 020 8894 4963
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.	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.
Bingo 12 noon – 1.45pm: 50p	A sociable activity that is mentally beneficial as it keeps the brain alert and exercises attentiveness.	Table Tennis 2.00 – 5.00pm* (£1 including tea/coffee)	All levels welcome.
Games Afternoon: Bowls, Darts, & Snooker 2.00pm onwards: 50p	All levels welcome. Emphasis on the sociable rather than the competitive.		
Computer Club 2.30 – 4.30pm: 50p	An internet café facility which also offers the opportunity to practice IT skills. Volunteers with IT experience are on hand to answer questions and assist where needed.	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.