

Monday	Tuesday	Wednesday	Thursday	Friday
Silver Ballet / Dance 10.30am - 11.30am £5 With Phoebe. Barr work, posture & core exercises and dance moves	Hairdressing 9am - 1pm Cost Varies With Sue. Appointments for members only	Tai-Chi 10.30am - 11.30am £5 With Chris. Reduce stress, improves balance	Zumba Gold 10am - 11am £5 With Sally. An aerobic workout inspired by Latin Dance.	Reading Group (once a month)* 10.30am No charge Held in the Lounge
Chiropody (twice a month) 9am - 12pm £20 With Kevin. Appointments for members only.	Refreshments before talks* 10.30am No charge Age UK Richmond provides free tea, coffee and biscuits	Barnes Spinning Group (twice a month)* 11am - 3pm Hand spinning using a drop spindle/spinning wheel. Contact Hazel 07773790835	Knitting Group 10.30am - 12pm £1 An informal group, held in the lounge	Star FISH dance session. 10.30am - 11.30am Arranged by FISH. Contact 02088763335
Artistic Expression Group for Women 10am - 12pm With Mia – Peer Support Worker & Helen. Companionship, Creativity & Conversation	Talk arranged by FISH Neighbourhood Care Group No charge 11am Different speakers weekly. Contact FISH directly 02088763335	‘The Reader’ Short story reading group (once a month) 11am - 12.30pm Contact FiSH directly 020 8876 3335	I.N.S Physiotherapy led exercise class for adults with neurological conditions* 11.15am - 1pm Book with I.N.S. 02087554000	Mobility, Stability & Strength Class 12pm - 1pm £5 With Elaine. Pilates inspired class, mostly mat
Body Strength 12pm - 1pm £5 With Victoria. Focuses on core exercises, increases mobility & strength, mostly seated	Lunch prepared by Age UK Richmond 12pm - 1pm £5 main meal £2 dessert Please book at the centre before the talk commences	Pilates 1.30pm - 2.30pm £5 With Elaine. Improves strength and flexibility	Singing for the Brain (for adults living with Dementia) 1.30pm - 2.30pm £5 Arranged by FISH. Contact 02088763335	Bingo (twice a month) 1pm - 3.30pm £1 A social group, held in the lounge
Alzheimer’s Society Dementia Peer Support Group 1.30pm - 3.30pm No charge Run by Alzheimer’s Society. Call Dan 07858815758	Picasso in the Park Dementia Art Group 1.30pm - 3.30pm Contact FISH directly 02088763335	Bridge arranged by FISH (twice a month) 2pm - 4pm Contact FISH directly 02088763335	FISH Neighbourhood Care Group Choir 3pm - 4pm Arranged by FISH. Contact 02088763335	Yoga 1.30pm - 2.30pm £5 With Juliete. Floor based adapting to your needs and abilities
Fitness Flow 1.45pm - 2.45pm £5 With Phoebe. A fun and effective low impact class to music to increase your fitness level.		Pilates 1.30pm - 2.30pm £5 With Elaine. Improves strength and flexibility		
Qigong 3pm - 4pm £5 With Praveen. Holistic mind & body practice				