

## Twickenham Wellbeing Centre 0208 538 9254

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Art Group</b> 9.30 – 12pm £1.00	<b>Zumba Gold</b> 10 – 10.45am £5.00	<b>Embroidery Group</b> 10am - 3pm £1.00	<b>Medium Impact Exercise Class with Kate</b> 9.30 – 10.30am £5.00	<b>Yoga with Juliet</b> 9.45 – 10.45am £5 .00
<b>Bridge Club</b> 10.30-12.30pm £1.00	<b>GoLocal Community Choir</b> 11 - 11.45am (No Charge)	<b>Falls Class</b> 11.15 – 12pm £5.00 - Members £6.00 - Non-Members	<b>Health Stroll</b> 11.15 (30 min) Last Thursday of each month (Meet outside Twickenham Wellbeing Centre)	<b>Hairdresser Gay</b>
<b>Time to Move</b> 12.45-1.30pm £5.00	<b>Man with a Pan</b> 12pm-2pm	<b>Tai-Chi Class with Robin</b> 12.30 - 1.30pm £5.00	<b>Hairdresser (Tina)</b>	<b>Chair Exercise</b> 11am – 12pm £5.00
<b>Massage, Reflexology</b> 11am – 3pm £25.00	<b>Age of Grace</b> Different styles of movement and dance (it's never too late to dance) 2.30 - 4pm £6.00	<b>Line Dancing with Bryan</b> 2pm - 3pm £5.00	<b>Pilates with Kate</b> 10.45 - 11.45am £5.00	<b>Fish and Chip Lunch</b> 12 – 2pm
<b>Pilates with Kate</b> (All levels) 2pm - 3pm Bring towel along £5.00		<b>IT Support</b> Please call Wellbeing Services on 020 8744 1965 to book an appointment	<b>Zumba with Tara</b> 12pm to 1pm £5.00	<b>Chiropody</b> 9.30 - 2.30 (Twice monthly appts) £20 members
			<b>Yoga with Juliet (Bring a Towel)</b> 1.15 - 2.15pm £5.00	<b>Exercise with Bryan</b> 12.30 - 1.30pm £5.00
			<b>Alzheimer's Society</b> For people with Dementia and their Carers Please Call 020 8036 9570	<b>Drama Group Ruils</b> 3 - 5pm