

Twickenham Wellbeing Centre 0208 538 9254

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Art Group 9.30 – 12pm (50p)</p> <p style="text-align: center;">Bridge Club 10.30am to 12.30pm</p> <p style="text-align: center;">Time to Move 12.45 to 1.30pm £4.00</p> <p style="text-align: center;">Massage, Reflexology 11.00 - 3.00pm £20.00</p> <p style="text-align: center;">Pilates with Kate (All levels) 2.00 - 3.00pm <i>Bring towel along</i> £4.00</p>	<p style="text-align: center;">Zumba Gold 10.00 – 10.45am £4.00</p> <p style="text-align: center;">GoLocal Community Choir 11.00 to 11.45am (No Charge)</p> <p style="text-align: center;">Man with a Pan 12.00 to 2.00</p> <p style="text-align: center;">Creative Writing 3pm to 4.30pm Every other week</p> <p style="text-align: center;">Age of Grace Different styles of movement and dance (it's never too late to dance) 2.30 - 4.00pm £6.00</p>	<p style="text-align: center;">Embroidery Group 10.00 to 3.00 (50p)</p> <p style="text-align: center;">Falls Class 11.15 to 12.00 £4.00 - Members £5.00 - Non-Members</p> <p style="text-align: center;">Tai-Chi Class with Robin 12.30 to 1.30 £4.00</p> <p style="text-align: center;">Line Dancing with Bryan 2.00 to 3.00pm £4.00</p> <p style="text-align: center;">Connect to Tech Please call Wellbeing Services on 020 8744 1965 to book an appointment</p>	<p style="text-align: center;">Medium Impact Exercise Class with Kate 9.30 – 10.30am £4.00</p> <p style="text-align: center;">Poetry Group 10.30am to 12pm 50p</p> <p style="text-align: center;">Health Stroll 11.15 (30 min) Last Thursday of each month (Meet outside Twickenham Wellbeing Centre)</p> <p style="text-align: center;">Hairdresser (Tina)</p> <p style="text-align: center;">Pilates with Kate 10.45 - 11.45am £4.00</p> <p style="text-align: center;">Zumba with Tara 12pm to 1pm £4.00</p> <p style="text-align: center;">Yoga with Juliet - 1.15pm to 2.15pm £4.00 Bring a Towel</p> <p style="text-align: center;">Alzheimer's Society For people with Dementia and their Carers Please Call 020 8036 9570</p>	<p style="text-align: center;">Yoga with Juliet 9.45m – 10.45am £4 .00</p> <p style="text-align: center;">Hairdresser Gay</p> <p style="text-align: center;">Chair Exercise 11.00 – 12.00 £4.00</p> <p style="text-align: center;">Fish and Chip Lunch 12 – 2pm</p> <p style="text-align: center;">Chiropody 9.30 - 2.30 (twice monthly)(appts) £20 members £25 non-members (Subject to change)</p> <p style="text-align: center;">Exercise with Bryan 12.30 to 1.30 £4.00</p> <p style="text-align: center;">Drama Group Rulis 3.00 - 5pm</p>