

Whitton Social Centre
111a Kneller Road, Whitton, London, TW2 7DT
020 8894 4963



Tuesday	Friday
Exercise Class 9.30am - 10.30am £6 Rhythmic continuous movements which exercise large muscle groups. All fitness levels, including sitting down	Art & Craft Group 9.30am -12pm £1 A social group for all abilities (members bring their own equipment)
Coffee Morning 10.30am -11.30am Cost of refreshments only Come and enjoy a cup of coffee / tea and make new friends	Strength Training Class 9.45am - 10.30am A class with personal trainer Ash. Use light weights to strengthen and tone your body.
Chiropody By appointment only Cost Varies or £35 for members of Social Centres or £40 non-members	Coffee Morning 10.30am - 12pm Cost of refreshments only Sociable get together
Ear Clinic By appointment only £15 plus cost of treatment (if required) 30 minute ear & hearing check-up	Fish & Chips Lunch 12pm - 2pm Purchase price + £1 Brought in from Regan's Fish Bar
Bingo 1pm - 3pm £1 plus cost of the books Join us for a fun game of Bingo	Table Tennis 2pm - 4pm £2 (tea/coffee included) Alternate Friday afternoons. All levels welcome
Reflexology, Head Massage By appointment only £30 for 30 minutes	Social Afternoons 2pm - 4pm Activities individually charged Special events e.g. Quiz, Cream teas and other cultural celebrations.
Homemade lunches £6 for two courses	Hairdressing Appointments from 10am Price depends on treatment