



Bus routes: H22, 281, 481

Age UK Richmond's Whitton Centre is an activity & resource centre for people over 50. It offers a wide range of activities and our objective is to encourage people to enjoy a healthy & rewarding life that makes living longer a real cause for celebration. People who reach traditional retirement age can now expect to live for another 20 years or more. Keeping physically & mentally active is essential for good health. Membership is £23 per annum, and there is an additional 50p charge per non-tutored activity. Membership covers entrance to the Centre and access to some activities & the snack bar. We are unable to provide transport, and our staff are not trained to provide personal care.

Jan 2022



For people over 50



## Whitton Social Centre

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

Website: [www.ageukrichmond.org.uk](http://www.ageukrichmond.org.uk)

# Whitton Social Centre 020 8894 4963

All activities open to everyone.

<b>Tuesday</b>		<b>Friday</b>	
<b>Exercise Class</b> 9.30 – 10.30am: £4	This involves rhythmic continuous movements which exercise large muscle groups. It improves endurance & cardiovascular health. All fitness levels welcome.	<b>Art &amp; Craft Group</b> 9.30 – 12.00 noon: 50p	A sociable free-and-easy group for all abilities. (Members bring their own equipment.)
<b>Coffee</b> 10.30 – 11.30: £1	Come and enjoy a cup of coffee (or tea) and have a chat.	<b>Coffee</b> 10.30 – 11.30: £1	Come and enjoy a cup of coffee (or tea) and have a chat.
<b>Massage + Reflexology + Reiki</b> by appointment only	TBC	<b>Computer Club</b> 9.30 – 12.00 noon: 50p	An internet café facility which also offers the opportunity to practice IT skills. Volunteers with IT experience are on hand.
<b>Chiropody</b> by appointment only (£25)	The practice of studying & treating disorders of the foot & lower leg; designed to keep us up & running with optimum mobility & comfort.	<b>Hairdressing by appointment</b>	TBC
<b>Bingo</b> 12 noon – 1.45pm: 50p	A sociable activity that is mentally beneficial as it keeps the brain alert and exercises attentiveness.	<b>Fish &amp; Chip Lunch</b> 12.00 – 2.00pm brought in from Regan's Fish Bar (purchase price + 50p)	A great opportunity to meet & dine with new people.
<b>Games Afternoon: Bowls, Darts, &amp; Snooker</b> 2.00pm onwards: 50p	All levels welcome. Emphasis on the sociable rather than the competitive.	<b>Table Tennis</b> 2.00 – 5.00pm* (£1 including tea/coffee)	All levels welcome.
		<b>Social Afternoon‡</b> (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.