



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.

April 2018



For people over 50



Whitton Social Centre

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

Website: www.ageukrichmond.org.uk

Whitton Social Centre 020 8894 4963

All activities for both sexes.

Tuesday		Friday	
Exercise Class 9.20 – 10.20am: £4	This involves rhythmic continuous movements which exercise large muscle groups. It improves endurance & cardiovascular health. All fitness levels welcome.	Art & Craft Group 9.30 – 12.00 noon: 50p	A sociable free-and-easy group for all abilities. (Members bring their own equipment.)
Coffee 10.30 – 11.30	Come and enjoy a cup of coffee (or tea) and have a chat.	Coffee 10.30 – 11.30	Come and enjoy a cup of coffee (or tea) and have a chat.
Massage + Reflexology + Reiki by appointment only (£20)	Reflexology involves foot-pressure and massage. Reiki is a hand-placement process to assist healing. Call Karin on 020 8940 9948 to book yourself in for half-an-hour and choose what you do on the day.	Computer Club 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.
Chiropody by appointment only (£20)	The practice of studying & treating disorders of the foot & lower leg; designed to keep us up & running with optimum mobility & comfort.	Hairdressing by appointment (during morning)	(Arrange with Gemma on 07769 355076 or with Whitton Social Centre.)
Bingo 12 noon – 1.45pm: 50p	A sociable activity that is mentally beneficial as it keeps the brain alert and exercises attentiveness.	Fish & Chip Lunch 12.00 – 2.00pm brought in from Regan's Fish Bar (purchase price + 50p)	A great opportunity to meet & dine with new people.
Games Afternoon: Bowls, Darts, & Snooker 2.00pm onwards: 50p	All levels welcome. Emphasis on the sociable rather than the competitive.	Table Tennis 2.00 – 5.00pm* (£1 including tea/coffee)	All levels welcome.
		Social Afternoon‡ (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.