

### Learn, Exercise & Meet New Friends

 Paid monthly in advance

 Tutor-led


 Step-free access

## Exercise

### Tai Chi -- £6/session

Mondays – 10:00 to 11:00 am (Intermediate)

Mondays – 11:15 am to 12:15 (Beginners)

 Thursdays – 11:30 am – 12:30 pm (Beginners)

### Qi Gong -- £6/session

Wednesdays – 11:15 am to 12:15

### Pilates -- £6/session

Mondays – 11:00 am to 12 noon


Wednesdays – 10:00 to 11:00 am

Wednesdays – 12:30 to 1:30 am

Wednesdays – 19:00 to 20:00 (£1/session extra)

### Yoga -- £7/session

Tuesdays – 11:15 am to 12:30 pm

 Tuesdays – 18:00 to 19:00


Fridays – 10:00 to 11:10 am

### Supple Strength -- £6/session


A mix between Yoga & Pilates

Thursdays - 9:30 to 10:30 am

### Chair Exercises -- £4.5/session

 Mondays – 1:00 to 1:45 pm (General)

Thursdays – 11:00 to 11:45 am (General)

Fridays – 11:30 am to 12:10 noon (Yoga) 

### Table Tennis -- £3/session

Wednesdays – 3:15 to 4:30 pm

## Dance

### Zumba -- £5/session

Mondays – 9:45 to 10:30 am

Wednesday – 18:15 to 19:00 (£1/session extra)

### BollyX Zumba -- £5/session

Starts September 19

Tuesdays – 9:45 to 10:30 am

### Ballet Barre -- £6/session

Thursdays – 10:00 to 11:00 am

### Latin American Dance -- £4/session

Wednesdays – 1:45 to 2:45 pm (Beginners)

Fridays – 1:00 to 2:15 pm (Improvers)

### Line Dancing -- £6/session

Coming Soon

## Meet New Friends

Daily

### Drop in Tea & Coffee

Cup 50p, Mug 60p

Monday to Friday – 9:00 am to 12 noon

### Lunch -- £5

Jacket potatoes, sandwiches, soup, fruit or yoghurt

Weekdays – 11:30 to 1:00 pm

Mondays

### Knitting Circle - FREE

1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Monday – 10:00 am to 12:00 noon

### Prize Bingo – FREE

2<sup>nd</sup> Monday – 10:30 to 11:30 am

### Adrian's Quiz – FREE

4<sup>th</sup> Monday – 10:30 to 11:30 am

Tuesdays

### Scrabble -- FREE

Tuesdays – 10:30 am to 12:00 noon

### Social Tuesday Afternoon -- £4/session

1<sup>st</sup> & 3<sup>rd</sup> Tuesday – Memories - 1:00 to 3:00 pm

2<sup>nd</sup> & 5<sup>th</sup> Tuesday – Bingo - 1:00 to 3:00 pm

### Film Club -- £4/session

4<sup>th</sup> Tuesday – 1:30 to 4:00 pm

Wednesdays

### Board Games -- FREE

Starts October 4

1<sup>st</sup> & 3<sup>rd</sup> Wednesday – 10:30 am to 12:00 noon

### Sing-along -- FREE

2<sup>nd</sup> & 4<sup>th</sup> Wednesday – 10:30 to 11:30 am

Thursdays

### Natter & Special Talks Morning -- FREE

Thursdays 9:00 am to 12 noon

Fridays

### Needlework & Embroidery -- FREE

1<sup>st</sup> & 3<sup>rd</sup> Friday – 10:30 to 12:00

### Quiz & Facts of the World -- FREE

Starts October 13

2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Friday – 10:00 to 11:00 am

## Creative Arts

### Chinese Brush Painting Course

All materials included -- £140/ 6 weeks

Starts Nov 6

Monday 1:00 to 3:00 pm

### Discover Art -- £10/session

All materials included

Wednesdays – 11:00 am to 1:00 pm

### Freestyle Art -- £15/month

Wednesdays – 1:30 to 3:30 pm

### Ukulele -- £4/session

Mondays – 1:00 to 2:00 pm

### Poetry & Creative Writing -- £4/session

2<sup>nd</sup> & 4<sup>th</sup> Tuesday – 2:30 to 4:00 pm

### Drama Club – £4/session

Actors needed for Christmas Play: Shepherd's Tale

1<sup>st</sup> & 3<sup>rd</sup> Tuesday – 1:30 to 3:00 pm

### Book Club -- £4/session

3<sup>rd</sup> Monday of the month – 2:15 to 3:45 pm

### Flower Arranging -- £7/session + Material

For more info: 0773 8716 606  

2<sup>nd</sup> Saturday – 10:00 am to 12:00 noon

### Mosaic Workshop -- £10/session

For more info: 07586290249  

3<sup>rd</sup> Saturday of the month – 9:30 am to 1:30 pm

## Languages

### Italian with Marzia -- £6/session

Starts October 5

Thursdays – 10:00 to 11:15 am (Beginners – A1)

### French with Jane -- £6/session

Starts October 2

Mondays – 10:00 to 11:15 am (Beginners – A1)

### Spanish with Luis -- £6/session

Tuesdays – 10:00 to 11:15 am (Beginners – A1)

Tuesdays – 11:30 to 12:45 pm (Conversation – A2)

Wednesdays – 9:30 to 10:45 (Pre-Intermediate – A2)

### French Conversation -- £3/session

Thursdays – 1:00 to 2:30 pm

**Membership is required to take part in all activities and services. Membership is £30/year or £3.5/month (yearly commitment paid monthly).**

## Technology

### Smartphone Course -- £50/ 6 weeks

Starts September 13

Wednesdays – 10:00 am to 12 noon (Beginners)

Wednesdays – 1:00 to 3:00 pm (Beginners)

### Computer Course -- £50/ 6 weeks

Starts September 19


Tuesdays – 10:00 am to 12 noon (Beginners)

Tuesdays – 1:00 to 3:00 pm (Internet I)

## Card Games

### Bridge -- £4/session

Tuesdays – 1:00 to 3:00 pm (ACOL Bridge)

Wednesdays – 1:00 to 3:00 pm (Beginners) 

### Poker -- £4/session

Thursdays – 1:00 to 3:00 pm

### Whist -- £5/session

Fridays – 12:45 to 3:15 pm

## Explore

### Genealogy/Family History-- £5/session

Starts September 14

Thursdays - 11:30 am to 1:00 pm

### Wine Appreciation -- £10/session

2<sup>nd</sup> Monday of the month – 5:00 to 7:00 pm

## Services

### Hairdresser

To book an appointment: 0790 8918 577

Thursdays & Fridays – 10:00 am to 2:00 pm

### Chiropodist -- £30/session

To book an appointment: 0208 886 5346

### Bereavement Support -- FREE

To book an appointment: 0208 886 5346

### Online Form Filling -- FREE

For more info: 0208 886 5346

### Calories Matter -- £20/month

For more info: 0783 6797 555

Fridays – 10:00 to 11:00 am

### Room Hire

For more info: 0208 886 5346

020 8886 5346

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