

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Silver Ballet / Dance</b> 10.30am - 11.30am £5 With Phoebe. Barr work, posture &amp; core exercises and dance moves</p>	<p><b>Hairdressing</b> 9am - 1pm Cost Varies With Sue. Appointments for members only</p>	<p><b>Tai-Chi</b> 10.30am - 11.30am £5 With Chris. Reduce stress, improves balance</p>	<p><b>Zumba Gold</b> 10am - 11am £5 With Sally. An aerobic workout inspired by Latin Dance.</p>	<p><b>Reading Group (once a month)*</b> 10.30am No charge Held in the Lounge</p>
<p><b>Chiropody (twice a month)</b> 9am - 12pm £20 With Kevin. Appointments for members only.</p>	<p><b>Refreshments before talks*</b> 10.30am No charge Age UK Richmond provides free tea, coffee and biscuits</p>	<p><b>Barnes Spinning Group (twice a month)*</b> 11am - 3pm Hand spinning using a drop spindle/spinning wheel. Contact Hazel 07773790835</p>	<p><b>Knitting Group</b> 10.30am - 12pm £1 An informal group, held in the lounge</p>	<p><b>Star FISH dance session.</b> 10.30am - 11.30am Arranged by FISH. Contact 02088763335</p>
<p><b>Artistic Expression Group for Women</b> 10am - 12pm With Mia – Peer Support Worker &amp; Helen. Companionship, Creativity &amp; Conversation</p>	<p><b>Talk arranged by FISH Neighbourhood Care Group</b> No charge 11am Different speakers weekly. Contact FISH directly 02088763335</p>	<p><b>'The Reader' Short story reading group (once a month)</b> 11am - 12.30pm Contact FISH directly 020 8876 3335</p>	<p><b>I.N.S Physiotherapy led exercise class for adults with neurological conditions*</b> 11.15am - 1pm Book with I.N.S. 02087554000</p>	<p><b>Mobility, Stability &amp; Strength Class</b> 12pm - 1pm £5 With Marjie. Pilates inspired class, mostly mat</p>
<p><b>Body Strength</b> 12pm - 1pm £5 With Victoria. Focuses on core exercises, increases mobility &amp; strength, mostly seated</p>	<p><b>Lunch prepared by Age UK Richmond</b> 12pm - 1pm £5 main meal £2 dessert Please book at the centre before the talk commences</p>	<p><b>Body Strength</b> 12pm - 1pm £5 With Victoria. Focuses on core exercises, increases mobility &amp; strength, mostly seated</p>	<p><b>Singing for the Brain (for adults living with Dementia)</b> 1.30pm - 2.30pm £5 Arranged by FISH. Contact 02088763335</p>	<p><b>Bingo</b> 1pm - 3.30pm £1 A social group, held in the lounge</p>
<p><b>Alzheimer's Society Dementia Peer Support Group</b> 1.30pm - 3.30pm No charge Run by Alzheimer's Society. Call Dan 07858815758</p>	<p><b>Picasso in the Park Dementia Art Group</b> 1.30pm - 3.30pm Contact FISH directly 02088763335</p>	<p><b>Bridge arranged by FISH (twice a month)</b> 2pm - 4pm Contact FISH directly 02088763335</p>	<p><b>FISH Neighbourhood Care Group Choir</b> 3pm - 4pm Arranged by FISH. Contact 02088763335</p>	<p><b>Yoga</b> 1.30pm - 2.30pm £5 With Juliete. Floor based adapting to your needs and abilities</p>
<p><b>Fitness Flow</b> 1.30pm - 2.30pm £5 With Phoebe. A fun and effective low impact class to music to increase your fitness level.</p>		<p><b>Pilates</b> 1.30pm - 2.30pm £5 With Elena. Improves strength and flexibility</p>		
<p><b>Caring Connections Drop in</b> 1pm - 3pm With Mia – Peer Support Worker Feeling low/anxious or stuck? Come &amp; have a confidential chat</p>				