

## Age UK Richmond upon Thames

**Barnes Green Centre**

The Green, Church Road, Barnes, London, SW13 9HE

020 8876 2377

2024 annual membership: £43 single, £75 per couple. No membership fee for those in receipt of pension credit. The activities marked with a \* don't require a membership.

FISH = Neighbourhood Care Group - Friendship, Independence, Support, Friendship. A member of CILS, office upstairs of the Barnes Green Centre

Day	Activity	Time	Description	Cost
Monday	Silver Ballet / Dance	10.30am - 11.30am	With Phoebe. Barr work, posture and core exercises for half the class then turning the tempo up for the other half with some fun while still effective dance moves	£5
	Chiropody (twice a month)	9am - 12pm	With Kevin. Appointments for members only	£20
	Body Strength	12pm - 1pm	With Victoria. Focuses on core exercises, increases strength and mobility. Mostly seated, bands and weights can be used	£5
	Alzheimer's Society Dementia Peer Support Group *	1.30pm - 3.30pm	Contact the Alzheimer's Society Dementia Support Worker, Daniel Fredriksson - <b>0756355 4149</b>	No charge
	Fit 4 Life *	2.30pm - 3.30pm	Fitness Fun to golden oldie tunes! Improve your balance, strength and mobility to music. Contact Rachel - <b>0779188 0858</b>	£5 for members
Tuesday	Hairdressing	9am - 1pm	With Sue. Appointments for members only	Price dependant on treatment
	Refreshments before talks *	10.30am	Age UK Rut provide the tea, coffee and biscuits	No charge
	Talk arranged by FiSH Neighbourhood Care Group *	11am	Different speakers weekly, contact FiSH directly on <b>020 8876 3335</b>	No charge
	Lunch prepared by Age UK Richmond*	12pm - 1pm	Please book at the centre before the talk commences	£5 main meal £2 dessert
	Picasso in the Park Dementia art group arranged by FiSH Neighbourhood Care Group	1.30pm - 3.30pm	Contact FiSH directly on <b>020 8876 3335</b>	
Wednesday	Tai-Chi	10.30am - 11.30am	With Chris. Helps reduce stress, improve balance, general mobility and muscle strength	£5
	Barnes Spinning Group (twice a month)*	11am - 3pm	Hand spinning using a drop spindle/spinning wheel to join in the art of twisting fibre into continuous thread. Held in the Lounge. Contact Hazel - 07773 790835	
	Body Strength	12pm - 1pm	With Victoria. Focuses on core exercises, increases strength and mobility. Mostly seated, bands and weights can be used	£5
	Bridge arranged by FiSH Neighbourhood Care Group (twice a month)	2pm - 4pm	Contact FiSH directly on <b>020 8876 3335</b>	
	Pilates	1.30pm - 2.30pm	With Elena. Improves strength and flexibility with emphasis on alignment and developing core muscles, co-ordination and balance	£5
Thursday	Zumba Gold	10am - 11am	With Sally. An aerobic fun workout inspired by Latin-dance, working all muscle groups	£5
	Knitting Group	10.30am - 12pm	An informal group, held in the Lounge	£1
	I.N.S. Physiotherapy-led exercise class for adults with neurological conditions *	11.15am - 1.15pm	Book directly with I.N.S. on <b>020 8755 4000</b>	
	Singing for the Brain (for adults living with Dementia) arranged by FiSH Neighbourhood Care Group	1.30pm - 2.30pm	Contact FiSH directly on <b>020 8876 3335</b>	
	FiSH Neighbourhood Care Group Good afternoon Choir	3pm - 4pm	Contact FiSH directly on <b>020 8876 3335</b>	
Friday	Reading Group (once a month) *	10.30am	Held in the Lounge	No charge
	Star FiSH dance session arranged by FiSH Neighbourhood Care Group	10.30am - 11.30am	Contact FiSH directly on <b>020 8876 3335</b>	
	Mobility, Stability & Strength Class	12pm - 1pm	With Victoria. A pilates inspired class incorporating controlled isolated movements (mostly mat) focusing on joint mobility, core strength and deeper muscles that support structure.	£5
	Bingo	1pm - 3.30pm	A social group, held in the lounge	£1
	Yoga	1.30pm - 2.30pm	With Juliete. Floor based, adapting to your needs and abilities for mind body and soul while getting fitter	£5

For Connect to Tech Digital Skills Sessions - Please book appointments directly with Carol or Ebru on 020 87441965.