

Age UK Richmond upon Thames

Whitton Social Centre

111A Kneller Road, Whitton TW2 7DT

020 8894 4963

2024 annual membership is £25 single and £40 for a couple. No membership fee for those in receipt of pension credit. The activities marked with a * don't require a membership. Membership covers entrance to the Centre and access to some activities & snack bar. We are unable to provide transport and our staff are not trained to provide personal care.

Please note: There are no activities at this Social Centre on Mondays, Wednesdays and Thursdays

Day	Activity	Time	Description	Cost
Tuesday	Exercise Class	9.30am - 10.30am	Rhythmic continuous movements which exercise large muscle groups, improving endurance and cardiovascular health. All fitness levels welcome, including sitting down.	£5
	Coffee Morning	10.30am - 11.30 am	Come and enjoy a cup of coffee / tea and make new friends.	Costs of refreshments only
	Chiropody *	by appointment only	The practice of studying & treating disorders of the foot & lower leg; designed to keep us up & running with optimum mobility & comfort.	Cost varies or £30 for members of Social Centres
	Ear Clinic *	by appointment only	Blocked Ear? It could just be wax. 30 minute ear & hearing health check-up. Ear wax removed.	£ 15 plus cost of treatment. (Only if required)
	Bingo	1pm - 3pm	Join us for a fun game of Bingo	£1 plus cost of the books
Friday	Art & Craft Group	9.30am - 12noon	A social free and easy group for all abilities (Members bring their own equipment).	£1
	Coffee Morning	10.30 am - 12noon	Sociable get together.	Costs of refreshments only
	Fish and Chip Lunch	12pm - 2pm	Brought in from Regan's Fish Bar.	Purchase price + £1
	Table Tennis	2.00pm -4.00pm	Alternate Friday afternoons. All levels welcome.	£2.00 Tea / Coffee included
	Social Afternoons *	2.00pm - 4.00pm	Special Events e.g. Beetle Drive, Quiz, Cream Teas and other cultural celebrations.	Activities individually charged

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