

# 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)
	Pilates Plus	12pm - 1pm	Starts 12th of March. In partnership with Active Women & Girls, this free Pilates class is for women over the age of 60. The benefits of Pilates include improved flexibility, increased muscle strength, relaxation of your shoulders, neck and upper back and stress management and relaxation.	Free
	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
	NEW Hairdressing	From 11am by appointment	With Mimi on alternative Fridays	Prices depend on treatment

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