

CALENDAR OF ACTIVITIES

MONDAYS

Indoor Carpet Bowls
Time: 2-4.30pm
Venue: Greenwood Community Centre, 1 School Road, Hampton TW12 1QL
Contact: Pauline on 020 8979 9662

MONDAYS

Hampton School of Bridge
Time: 7.30-10pm
Venue: Greenwood Community Centre, 1 School Road, Hampton TW12 1QL
Contact: Melba 020 8979 2632

MONDAYS

Mixed level yoga
Time: 7.15-8.30pm
Venue: Greenwood Community Centre, 1 School Road, Hampton TW12 1QL
Contact: Sarah at sarah@sarahgreenall.com
Cost: £13

MONDAY 30 SEPTEMBER

Gentle Hoga yoga
Time: 10.30-11.30
Venue: Greenwood Community Centre, 1 School Road, Hampton TW12 1QL
Contact: Jessica at yogictones@gmail.com
Cost: £10

MONDAY 30 SEPTEMBER

Table Tennis Club
Time: 2-4pm
Venue: Twickenham Brunswick Club, Clarendon Crescent, Twickenham TW2 5LN
Cost: £5
Contact: Age UK Richmond on 020 8878 3625

MONDAY 30 SEPTEMBER

Computer drop-in session
Time: 10-12pm
Venue: Barnes Green Day Centre, Church Road, Barnes SW13 9HE
Contact: Age UK Richmond on 020 8878 3625

TUESDAYS

Greenwood Men's Club (activities, speakers, quizzes)
Time: 2-4pm
Venue: Greenwood Community Centre, 1 School Road, Hampton TW12 1QL
Contact: Pauline on 020 8979 9662

TUESDAYS

Over 60's fitness
Time: 10-11am
Venue: Linden Hall Community Centre, Linden Road, Hampton, TW12 2JG
Contact: Sue on 07903 730482

TUESDAY 1 OCTOBER

Computer drop-in session
Time: 10.30-12.30pm
Venue: Hampton Methodist Church, Percy Road, Hampton, TW12 2JT
Contact: Age UK Richmond on 020 8878 3625

THIRD TUESDAY OF THE MONTH

Lunch at Lass O' Richmond Hill
Address: 8 Queen's Road, Richmond TW10 6JJ
Cost: £12
Contact: Age UK Richmond on 020 8878 3625



CALENDAR OF ACTIVITIES

WEDNESDAY 25 SEPTEMBER

Games morning and social

Venue: Whitton Youth Zone, 1 Britannia Lane,
Twickenham TW2 7JX

Time: 10-12pm

Cost: £5

Contact: Age UK Richmond on 020 8878 3625

WEDNESDAY 2 OCTOBER

Computer drop-in session

Time: 1.30-3.30pm

Venue: Twickenham Wellbeing Centre, Arragon
Road, Twickenham TW1 3NH

Contact: Age UK Richmond on 020 8878 3625

WEDNESDAY 2 OCTOBER

Zumba Gold

Time: 1.30-2.30pm

Venue: ETNA Community Centre, 13 Rosslyn Road,
Twickenham TW1 2AR

Contact: Age UK Richmond on 020 8878 3625

WEDNESDAY 2 OCTOBER

Ukulele club

Time: 11-12pm

Venue: The Cabbage Patch, 67 London Road,
Twickenham TW1 3SZ

Contact: Age UK Richmond on 020 8878 3625

WEDNESDAY 2 OCTOBER

Indoor Bowls and Buns

Time: 1-2pm

Venue: Ellera Hall, Ellera Road, Teddington TW11 0HG

Contact: Vanessa on 020 8977 0549

FIRST WEDNESDAY OF THE MONTH

Pub lunch at The White Hart

Address: 121 Kneller Road, Twickenham TW2 7DY

Cost: £10

Contact Age UK Richmond on 020 8878 3625

THIRD WEDNESDAY OF THE MONTH

Lunch at the Squires Garden Centre

Address: Sixth Cross Road, Twickenham TW2 5PA

Cost: £12

Contact: Age UK Richmond on 020 8878 3625

THURSDAYS

Greenwood Knit and Natter

Time: 1.30-3.45pm

Venue: Greenwood Community Centre, 1 School
Road, Hampton TW12 1QL

Contact: Pauline on 020 8979 9662

THURSDAYS

Meditation session

Time: 10.50-11.20am

Venue: Greenwood Community Centre, 1 School
Road, Hampton TW12 1QL

Cost: £10 or £7 if you use codeword 'Full of Life'

Contact: Sarah at sarah@sarahgreenall.com

THURSDAYS

Gentle Yoga

Time: 11.30-12.45pm

Venue: Greenwood Community Centre, 1 School
Road, Hampton TW12 1QL

Cost: £13 or £10 if you use codeword 'Full of Life'

Contact: Sarah at sarah@sarahgreenall.com



CALENDAR OF ACTIVITIES

THURSDAYS

Flexercise for over 50's

Time: 2.15-3.15pm

Venue: Greenwood Community Centre, 1 School Road, Hampton TW12 1QL

Contact: Lidia on 020 8876 5767

SECOND THURSDAY OF THE MONTH

Pub lunch at The Red Lion

Address: 2 Castelnau, Barnes SW13 9RU

Cost: £10

Contact: Age UK Richmond on 020 8878 3625

LAST THURSDAY OF THE MONTH

Pub lunch at The William Webb Ellis

Address: 24 London Road, Twickenham TW1 3RR

Cost: £10 approx.

Contact: Age UK Richmond on 020 8878 3625

THURSDAY 3 OCTOBER

Vocal Tonix singalong session

Time: 1.30-3.30pm

Venue: ETNA Community Centre, 13 Rosslyn Road, Twickenham TW1 2AR

Cost: £8 – use codeword 'Rose' for 50% off your first session

Contact: Shelle at www.vocaltonix.co.uk

THURSDAY 3 OCTOBER

Computer drop-in session

Time: 1.30-2.30pm

Venue: East Sheen Baptist Church, Temple Sheen Road, East Sheen SW14 7PY

Contact: Age UK Richmond on 020 8878 3625

FRIDAYS

Tai Chi

Time: 10-11am

Venue: Ham Youth Club, Ham Hall, Ham Close, Richmond TW10 7PL

Contact: Age UK Richmond on 020 8878 3625

FRIDAYS

Zumba Gold

Time: 11.30-12.30pm

Venue: Hampton Methodist Church, Percy Road, Hampton, TW12 2JT

Contact: Age UK Richmond on 020 8878 3625

