



London Borough
of Hounslow

Further information

For more information please contact us:

Wellington Day Centre

292 Staines Road
Hounslow
Middlesex TW4 5BA

For additional information regarding
activities and programmes, please call

020 8570 0754†

†Calls from BT max 5ppm, other providers may vary



**Wellington
Day
Centre**



Visit our website
www.hounslow-leisure.com



The centre programme is subject to change. Please visit the website for the most up to date information.



London Borough
of Hounslow

Centre programme

Weekly Activity Programme and Diary of Events
October 2011 to March 2012



**Wellington
Day
Centre**



Daily Timetable

	Morning 10:00 – 12:00	Lunchtime 12:00 – 14:00	Afternoon 14:00 – 17:00
Monday	Library Service Medau Keep Fit		Drop in Session
Tuesday	Library Service Indoor Croquet		Drop in Session
Wednesday	Library Service Drop in Session		
Thursday	Library Service	Chairobics 12:30 – 13:30	Bingo 14:15 – 16:00
Friday	Library Service Drop in Session	Chairobics 12:00 – 13:00	
Saturday		Drop In Session	

Medau - Keep Fit

A popular session that aims to increase movement, flexibility and general fitness levels.

Autumn Term	5th September to 17th December 2011
Half Term	24th October to 29th October 2011
Spring Term	4th January to 31st March 2012
Half Term	13th February to 18th February 2012

Chairobics

Chairobics sessions run every Thursday and Friday. Participants assume the sitting position throughout. Aims to improve posture, circulation, joint and muscle flexibility.

Thursday	12:30 – 13:30
Friday	12:00 – 13:00

Please note, the programme has been provisionally arranged and it might be necessary to alter it. Please call around the time of events for confirmation of sessions and times. Details of any changes to the advertised programme will also be displayed on the notice board.

Programme - October 2011 to March 2012

October

Tuesday 4th	14:00	Management Committee Meeting
Wednesday 19th	14:30	Awareness talk on Yoga by Mr K. Nijhawan

November

Tuesday 1st	14:00	Management Committee Meeting
Thursday 10th	13:00	Diwali, Guru Nanak and Eid celebration – Members only
Friday 11th	TBA	Trip to Houses of Parliament
Wednesday 23rd	14:30	Sing Along Session by Alankar

December

Tuesday 6th	14:00	Management Committee Meeting
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January

Tuesday 10th	13:00	Christmas/New Year/ Anniversary Party - Members only
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February

Tuesday 7th	14:00	Management Committee Meeting
Tuesday 21th	14:30	Talk on Breathe Easy

March

Tuesday 6th	14:00	Management Committee Meeting
Wednesday 14th	14:30	Falls Awareness and Preventions by the Falls Champions

For further information about the events listed above please call 020 8570 0754.

Membership

Eligibility for membership requires members age to be 55 plus, retired and residing in the Hounslow Heath, Hounslow West or Hounslow Central Wards.

Fee	£10.00	Life Membership
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Library Service

Library books can be exchanged daily between 10:00 and 12:00.

