



London Borough
of Hounslow



London Borough
of Hounslow

Further Information

For more information please contact us:

Wellington Day Centre
292 Staines Road
Hounslow
Middlesex TW4 5BA

www.hounslow-leisure.com

Email: hounslow@fusion-lifestyle.com

For additional information
regarding activities and programmes,
please call **020 8570 0754**



Wellington
Day
Centre

Centre Programme

Weekly Activity Programme and Diary of Events
October 2009 - March 2010



Wellington
Day
Centre



Visit our website
www.hounslow-leisure.com



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	14th September – 11th December 2009
Half Term	26th October – 30th October 2009
Spring Term	4th January – 2nd April 2010
Half Term	15th February – 19th February 2010

Chairobics

Chairobics sessions run every Thursday and Friday. An enjoyable exercise class set to music where 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 2009 to March 2010

October

Tuesday 6th	14:00	Management Committee Meeting
Friday 30th	13:00	Diwali Party – Members only

November

Tuesday 3rd	14:00	Management Committee Meeting
Tuesday 10th	14:30	Benefits of Yoga – an awareness talk by Mr. Nijhawan

December

Tuesday 1st	14:00	Management Committee Meeting
Friday 11th	18:00	Trip to see switching on of Christmas Lights in London

January

Tuesday 19th	13:00	Christmas / New Year Party
---------------------	-------	----------------------------

February

Tuesday 2nd	14:00	Management Committee Meeting
Tuesday 23rd	14:30	TB awareness – a health talk by Natasha Read

March

Tuesday 2nd	14:00	Management Committee Meeting
Tuesday 16th	14:30	Preparing your Will – a talk by Sukhi Jhaly

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
------------	--------	-----------------

Library Service

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

