

60+ VOICES HOUNSLOW

To reserve your place, contact the appropriate instructors below.
(Please note that instructors will only take booking for their individual class.)

DANEHURST CENTRE ACTIVITY PROGRAMME

Brent Lea, Brentford TW8 8HX

Activity	Time	Date		
Mat yoga (Fiorella)	11:00 - 12:00	Monday January: 5, 12, 19, 26	Monday February: 02, 09, 16, 23	Monday March: 02, 09, 16, 23
Tai-chi (Stuart)	11:30 -12:30	Tuesday January: 06, 13, 20, 27	Tuesday February: 03, 10, 17, 24	Tuesday March: 03, 10, 17, 24
Otago (Jardell)	13:00 -14:00			
Memory Café'	13:00 -15:00	Wednesday January: 07	Wednesday February: 04	Wednesday March: 04
Alzheimer Monthly Café	13:30-15:30	Wednesday January: 21	Wednesday February: 18	Wednesday March: 18
Chair Yoga (Fiorella)	11:00-12:00	Thursday January: 08, 15, 22, 29	Thursday February: 05, 12, 19, 26	Thursday March: 05, 12, 19, 26
Bollyfusion (Anjili)	14:00 -15:00	Thursday January: 15, 22, 29	Thursday February: 05, 12, 19, 26	Thursday March: 05, 12, 19, 26
Monthly Social	11:00 - 14:00	Friday January: 23	Friday February: 20	Friday March: 20

Activity	Instructor	Contact
Bollyfusion	Anjil	077-2335-2579
Yoga, Chair: Yoga & Exercise	Fiorella	074-0436-0755
Otago	email: Jardel.williamson@lamptongroup.co.uk	
Tai Chi	Stuart	079-9970-3021

Membership £10p/year: open to Hounslow residents 60ys+
Sessions £2 (members) £5 (non-members)

Updated: March'26