

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				
Brent Lea, Brentford TW8 8HX				
Activity	Time	Date		
Mat yoga (Fiorella)	11:00 - 12:00	Monday April: 13, 20, 27	Monday May: 11, 18, 25	Monday June: 01, 08, 15, 22, 29
Art Class Jignesh)	10:00 - 11:30	Tuesday April: N/A	Tuesday May: 05, 12, 19, 26	Tuesday June: 02, 09, 16, 23, 30
Tai-chi (Stuart)	12:00 - 13:00	Tuesday April: 14, 21, 28	Tuesday May: 05, 12, 19, 26	Tuesday June: 02, 09, 16, 23, 30
Otago (Jardell)	13:30 - 14:30			
Balance & Strength (Anjli)	10:00 - 11:00	Wednesday April: 15, 22, 29	Wednesday May: 13, 20, 27	Wednesday June: 03, 10, 17, 24
Memory Café'	13:30 - 15:30	Wednesday April: 01	Wednesday May: 06	Wednesday June: 03
Alzheimer Monthly Café	13:30 - 15:30	Wednesday April: 15	5Wednesday May: 13	Wednesday June: 10
Chair-Yoga (Fiorella)	11:00 - 12:00	Thursday April: 16, 23, 30	Thursday May: 07, 14, 21, 28	Thursday June: 04, 11, 18, 25
Fun Friday	11:00 - 14:00	Friday April: 24	Friday May: 22	Friday June: 26
HOT (Outreach Health Team Visit)	13:00 - 14:00	Friday April: 24	Friday May: 22	Friday June: 26

Activity	Instructor	Contact
Art Class	Jignesh	077-2335-7595
Bollyfusion, Balance & Strength	Anjli	077-2335-2579
Mat-Yoga, Chair-Yoga & Chair-Exercise	Fiorella	074-0436-0755
Otago	email: Jardel.williamson@lamptongroup.co.uk	
Tai Chi	Stuart	079-9970-3021

Membership to 60+ Voices Hounslow £10

Membership open to all 60ys+ residents of Hounslow

Sessions £2 (members) £5 (non-members)

Updated: April '26