

60+ VOICES HOUNSLOW ACTIVITY PROGRAMME

PILOT-SCHEME PROGRAMME

For enquiries, email 60pluscommittee@gmail.com

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

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

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

HEART OF HOUNSLOW

92 Bath Road, Hounslow TW3 3EL

Activity	Time	Date		
Tai Chi (Stuart)	15:00 – 16:00	Tuesday February: 10, 17, 24	Tuesday March: 03, 10, 17, 24, 31	Tuesday April: 07, 14, 21, 28
Chair Exercise (Fiorella)	13:30-14:30	Thursday February: 12, 19, 26	Monday March: 02, 09, 16, 23, 30	Monday April: 06, 13, 20, 27
Bollyfusion (Anjil)	11:00 - 12:00	Friday February: 13, 20, 27	Friday March: 06, 13, 20, 27	Friday April: 03, 10, 17, 24

Updated: March'26

DANEHURST CENTRE

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

BRISTOL COURT

United Drive, Feltham TW14 9AG

Bristol Court activities are only for residents of the scheme.

Activity	Time	Date		
Rise Exercises	10:30-11:30	Tuesday January: 06, 20	Tuesday February: 03, 17	Tuesday March: 03, 17
Chair – Fitness (Fiorella)	10:30 -11:30	Tuesday January: 13	Tuesday February: 10	Tuesday March: 10
Alzeheimer Monthly café	12:30-14:30	Tuesday January: 13	Tuesday February: 10	Tuesday March: 10
HOT(Outreach Health Team) Visits	10:00-11:00	Thursday January: 29	Monday February: 26	Monday March: 26

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