

## 60+ VOICES HOUNSLOW

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

### BRISTOL COURT ACTIVITY PROGRAMME

United Drive, Feltham TW14 9AG

Bristol Court activities are only for residents of the scheme.

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

Membership and session are free for Bristol Court resident.