

60+ VOICES HOUNSLOW ACTIVITIES

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		
Tai-chi (Stuart)	11:30 - 12:30	Monday July: 20, 27	Monday August: 03, 10, 17, 24	Monday September: 07, 14, 21, 28
Art Class Jignesh)	11:30 - 13:00	Tuesday July: 21, 28	Tuesday August: 04, 11, 18, 25	Tuesday September: 01, 08, 15, 22, 29
Otago (Jardell)	13:30 - 14:30	Tuesday July: 21, 28	Tuesday August: 04, 11, 18,	Tuesday September: 22, 29
Balance & Strength (Anjli)	10:00 - 11:00	Wednesday July 22, 29	Wednesday August: 05, 12, 19, 26	Wednesday September: 16, 23, 30
Memory Café'	13:30 - 15:30	Wednesday July: 01	Wednesday August: 05	Wednesday September: 02
Alzheimer Monthly Café	13:30 - 15:30	Wednesday July: 15	Wednesday August: 19	Wednesday September: 16
Mat yoga (Fiorella)	10:30 - 11:30	Thursday July: 23, 30	Thursday August: 06, 13, 20,	Thursday September: 03, 10, 17, 24
Chair-Yoga (Fiorella)	12:00 – 13:00			
60+ Fun Friday	11:00 - 14:00	Friday – Summer Picnic September 04		

Activity	Instructor	Contact
Art Class	Jignesh	077-2335-7595
Chair-exercise, Balance & Strength	Anjli	077-2335-2579
Mat-Yoga & Chair-Yoga	Fiorella	074-0436-0755
Otago	Jardell	074-1451-7490
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: July '26