

Bradbury

welcomes you

37B Grange Road, Kingston KT1 2RA

Activity Timetable
Telephone: 020 8549 1230
Opening Times: 10am-4pm Mon-Fri

Times and prices of activities are subject to change.
Please contact the Centre for current information
Or see our website www.ageconcernkingston.org

Monday

10.00 – 11.30	Hypnotherapy: (please ask for price list)*
10.30 – 11.30	The Monday Forum:(topical discussion) Free
10.30 – 12.30	Beginners' Computer Courses (4 weeks)*
10.30 – 11.30	Walking for Health– The Bradbury Weekly Walk: Free
1.00 – 2.00	Gentle Exercise to Music:all levels welcome*
2.30 – 3.30	Yoga*
1.30 – 4.00	Podiatry* (Please ask for prices and to book)
2.00 – 4.00	Scrabble: Free

Tuesday

10.15 – 11.30	Line Dancing*
12.00 – 2.30	Indian Head Massage/ Reflexology* (Please ask for prices and to book)
2.00 – 4.00	Bridge /Chess/Board Games: Free (Please phone for details)
2.00 – 3.30	Philosophy For Life (alternate Tues): Free

Wednesday

10.30 – 11.30	Weekly Discussion Group: Free
11.15 – 12.15	Bradbury Bathers (Swimming Group)*
11.30 – 1.00	Reflexology / Indian Head Massage* (please ask for a price list)
1.15 – 2.45	Art Class*
2.30 – 3.30	French Conversation: Free

Thursday

10.30 – 11.30	Keep Fit*
11.30 – 1.00	My Generation - Singers: Free
10.00 – 1.30	Massage Treatments* (Please ask for a price list)
1.30 – 3.00	Patchwork Group: Free
2.00 – 3.00	Beginners Spanish*

Friday

10.15 – 11.15	Bradbury Book Club: Free (First Friday of the month)
10.00 – 3.30	Massage Treatments* (Please ask for a price list)
10.30 – 12.00	Basic Plus+ Computer Course 2 weeks* (enquire for course dates)
12.00 – 12.30	Computer Clinic PAYG*
2.00 – 3.00	Tai Chi: all levels welcome*

PLEASE NOTE: For activities marked with an asterisk, there is a small charge.

The Bradbury Café

Why not visit our relaxing café ? We are open from 10.00-3.30 Mon-Fri.

*Members can choose to pay in advance in 4 weekly blocks (equivalent to £3 p session) or PAYG £4. Single taster sessions are available at a cost of £4. All classes to be taken consecutively and are non refundable. A cancellation fee may be charged for missed treatment appointments without a min 24hour notice.

Updated July 08