

The Bradbury Active Age Centre

37B Grange Road, Kingston upon Thames, KT1 2RA. Telephone: 020 8549 1230

Opening Times: Monday - Friday 10.00 - 4.00pm, Closed weekends and public holidays

Please Note: Monday 4.00 - 4.30pm (yoga participants only)

The Bradbury Cafe

Why not visit our relaxing café at the Bradbury Centre. We are open Monday - Friday 10.00 - 3.30pm. Meals served until 2.30pm.

Wednesday Hot Lunch: £3.50 for a 2 course Roast Lunch and dessert. Pre bookings are required to confirm availability, booking is required no later than 10.15am on Wednesday morning as places are limited

Activity Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10.30 - 11.30 Hypnotherapy ** Beginner's computer courses (4 weeks)* The Monday Forum (topical discussion) The Bradbury weekly walk</p> <p>1.00 - 2.00 Gentle exercise to music: All levels welcome*</p> <p>1.30 - 4.00 Podiatry (£16 per session**) 2.00 - 4.00 Scrabble 3.30 - 4.30 Yoga *</p>	<p>10.30 - 11.30 Line Dancing*</p> <p>2.00 - 4.00 Bridge</p>	<p>10.30 - 11.30 Weekly discussion group</p> <p>11.15 - 12.15 Bradbury Bathers (swimming group)</p> <p>2.00 - 3.30 Art Class* Chess</p> <p>2.30 - 3.30 French Conversation</p>	<p>10.00 - 1.30 Massage Treatments (£7.50 1/2 hr £15 1hr**)</p> <p>1.30 - 2.30 Group Spanish Lessons (starting March 2010)</p> <p>2.00 - 4.00 Patchwork Group</p>	<p>10.30 - 11.30 Bradbury Book club (first Friday of the month)</p> <p>10.30 - 12.00 Art*</p> <p>10.00 - 3.30 Massage Treatments (£7.50 1/2 hr £15 1hr**)</p> <p>2.00 - 3.00 Tai Chi All levels welcome*</p>

*£4 per session (members can choose to pay in advance for a block of 4 sessions for £12.00). Single taster sessions are available at a cost of £4. Classes are to be taken consecutively as per the class register. Times and prices of activities are subject to change. Please contact the centre for current information.

**Please phone or drop - in to the centre for treatment details. Booking in advance is required. Some activities are at full capacity. Please phone the office for further enquiries. You must be 50 or over to come to the Bradbury Centre and fully independent; walking aids can be accommodated providing you are independent in your personal care; able to use toilet facilities independently; able to control the effects of any medical condition.

Please note: we cannot offer one - to - one supervision.