

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

**Opening Times:** Mon - 10.00 - 3.30pm, Wed and Thurs - 10.00 - 4.00pm. Tues and Fri - 10.00 - 2.00pm. Closed weekends and Public holidays. Please Note: Monday 3.30 - 4.30pm (yoga participants only)  
 Friday 2.00 - 3.00pm (Tai Chi participants and massage treatment only)

## The Bradbury Cafe

Why not visit our relaxing café at the Bradbury Centre. We are open Mon, Wed, Thurs 10.00 - 3.30pm. Tues and Fri 10.00 - 1.30pm.  
 Wednesday Hot Lunch: £4.20 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
<b>10.30 - 11.30</b> Hypnotherapy ** Beginner's Computer Courses (4 weeks)* The Monday Forum (topical discussion) Bradbury Weekly Walk  <b>1.30 - 4.00</b> Podiatry (£18 per session**) (1st and 2nd Monday of the month)  <b>1.30 - 3.30</b> Scrabble  <b>3.30 - 4.30</b> Yoga*	<b>10.30 - 11.30</b> Line Dancing*  <b>12.00 - 1.00</b> Chair Exercise (£3 per session)  <b>2.00 - 4.00</b> Internet Café*** (£2 per session includes a tea/coffee) <b>First Tuesday of the month***</b>	<b>10.30 - 11.30</b> Weekly Discussion Group  <b>10.30 - 12.00</b> Art Class*  <b>11.15 - 12.15</b> Bradbury Bathers (Swimming Group at the Kingfisher)  <b>2.00 - 3.30</b> Art Class* Chess  <b>2.30 - 3.30</b> French Conversation  <b>2.30 - 3.30</b> Computer Tuition (Please ask for details)	<b>10.00 - 1.30</b> Massage Treatments (£10.00 1/2 hr £18 1hr**) <b>10.15 - 11.15</b> Salsa* <b>11.15 - 12.30</b> Creative Writing  <b>12.30 - 2.00</b> Bereavement Support Group (1st Thursday of month) <b>1.00 - 2.00</b> RNID Hearing Aid Clinic (3rd Thursday of month) <b>2.00 - 4.00</b> Handicrafts/Patchwork	<b>12.00 - 1.00/2.00 - 3.00</b> Computer Tuition (£2.00/1hr) <b>10.00 - 11.00</b> Bradbury Book club (first Friday of the month) <b>10.30 - 12.00</b> Art* <b>10.00 - 3.30</b> Massage Treatments (£10.00 1/2 hr £18 1hr**) <b>2.00 - 3.00</b> Tai Chi All levels welcome*

\*£5 per session (members can choose to pay in advance for a block of 4 sessions for £16.00). Single taster sessions are available at a cost of £5. 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.