



Activity Programme January - March 2015

# Edward Pauling House

Westmacott Drive, Feltham TW14 9RJ



London Borough  
of Hounslow

Supporting  
**hounslow**  
Health & Wellbeing

*Hounslow Housing*



Activity Programme January - March 2015

## Edward Pauling House

### January

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#### Mondays

##### Gentle/Chair exercise

12 January - 9 February

2pm - 3.30pm

£2 per session

Can be practised from seated or standing. Helps core stability and general movement.

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#### Tuesdays

##### Water colour painting

13 January - 3 February

2.30pm - 4pm

£2 per session

Suitable for beginners.



#### Thursdays

##### Table Tennis

15 January and 22 January

2pm - 3.30pm

£2 per session.

Good light hearted fun. Can be played from seated or supported standing. Suitable for beginners.

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##### Flower arranging

29 January

2pm - 3.30pm

£2 per session.



### February

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#### Mondays

##### Healthy cooking from around the world

16 February - 16 March

2pm - 3.30pm

£2 per session

Learn to cook healthy, low cost meals from around the world for 1-2 people.

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#### Tuesdays

##### Tai Chi

10 February - 31 March,

2.30pm - 4pm

£2 per session

Can be practised from seated or standing. Helps core stability and general movement as well as calming and de-stressing the mind. Suitable for beginners

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#### Thursdays

##### Boccia and curling

5 February - 26 February

2pm - 3.30pm

£2 per session.

Play these fun games in teams from seated or standing.

# March

## Mondays

### Healthy cooking from around the world

2 March - 16 March  
2pm - 3.30pm

£2 per session

Learn to cook healthy, low cost meals from around the world for 1-2 people.

### Quiz and Musical Bingo

23 March and 30 March  
2pm - 3.30pm

FREE

Keep the mind active and enjoy a full house of classic songs.

## Tuesday

### Tai Chi

3 March - 31 March  
2.30pm - 4pm

£2 per session

## Thursdays

### Singing group

5 March - 26 March  
2pm - 3.30pm

£2 per session.

Come together with like-minded people who love to sing. The group will be led by a professional singer who will bring you together as a group.



## NEW YEAR SPECIAL OFFER

**Massage Therapy available on Thursdays 10am-3pm for £15.00 per treatment.** Please call Moira for further information on 07870 780 072.

**Hairdressing services available on Tuesdays 10am - 3pm.** To make an enquiry or to book, please call Carolyne on 07956 473 261

Tea, coffee and biscuits provided free of charge during the last half hour of all activity sessions.

**Please note that for London Borough of Hounslow Sheltered Residents, each activity costs £0.50 less per session than advertised**

Transport is available for some activities for a small charge if you cannot access public transport due to mobility problems. Please enquire about this when you call.

**If you would like to attend an activity please call  
020 8583 4643 or 07946 793 701**



# Edward Pauling House

Westmacott Drive, Feltham TW14 9RJ



## Directions:

**Getting there:** Get the 235 Bus into Feltham then the H25 to Hatton Cross from the bus stop outside Greggs Bakery. Get off the H25 at the Tachbrook Road stop (TWO stops after the petrol station on Bedfont Lane). Go right off the bus (don't cross the road), then turn left onto Westmacott Drive by the mini round-about and Edward Pauling House is on the right.

**OR** Get the 116 Bus to Bedfont Lane. Get off at the Bedfont Lane stop just before the traffic lights. Walk to the next bus stop on Bedfont Lane on the same side of the road. Get on the H25 going towards Feltham and go one stop. Cross the road onto Westmacott Drive by the mini round-about and Edward Pauling House is on the right.

**If you have any problems during your travel please call Helen on 07946 79 3701**