



Activity Programme February - March 2015

Greenham House

55 Stanborough Road, Hounslow TW3 1YF



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Greenham House

February

Mondays

Healthy cooking from around the world

2 February - 2 March

1.30pm - 3pm

£2 per session

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

Tuesdays

Chair Yoga

3 February - 31 March

2pm - 3.30pm

£2 per session.

Stretch out and relax at this chair based yoga programme. Helps improve energy levels, balance and relaxation. Suitable for beginners.

Thursdays

Water colour painting

5 February

2.30pm - 4pm

£2 per session

Suitable for beginners.



Falls Prevention level 2

12 February - 26 March, 2pm - 3.30pm

FREE!

This programme is being delivered by NHS Hounslow and Richmond Community Healthcare and includes sessions on foot health and gentle exercises to help strengthen core and improve balance. It will benefit people who have fallen once or twice, have poor balance, reduced mobility or reduced confidence.

Hounslow and Richmond 
Community Healthcare
NHS Trust

March

Mondays

Healthy cooking from around the world

2 March

1.30pm - 3pm

£2 per session

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

Classic Film Show

9 March

1.30pm - 3.30pm

£1 per session

Enjoy an old favourite featuring Fred Astaire and Ginger Rogers

Table Tennis

16 March and 23 March

1.30pm - 3pm

£2 per session.

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

Mondays

Flower arranging

30 March

1.30pm - 3pm

£2 per session.



Tuesdays

Chair Yoga

3 March - 31 March

2pm - 3.30pm

£2 per session.

Stretch out and relax at this chair based yoga programme. Helps improve energy levels, balance and relaxation. Suitable for beginners.

Thursdays

Hounslow and Richmond 
Community Healthcare
NHS Trust

Falls Prevention level 2

5 March - 26 March

2pm - 3.30pm

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

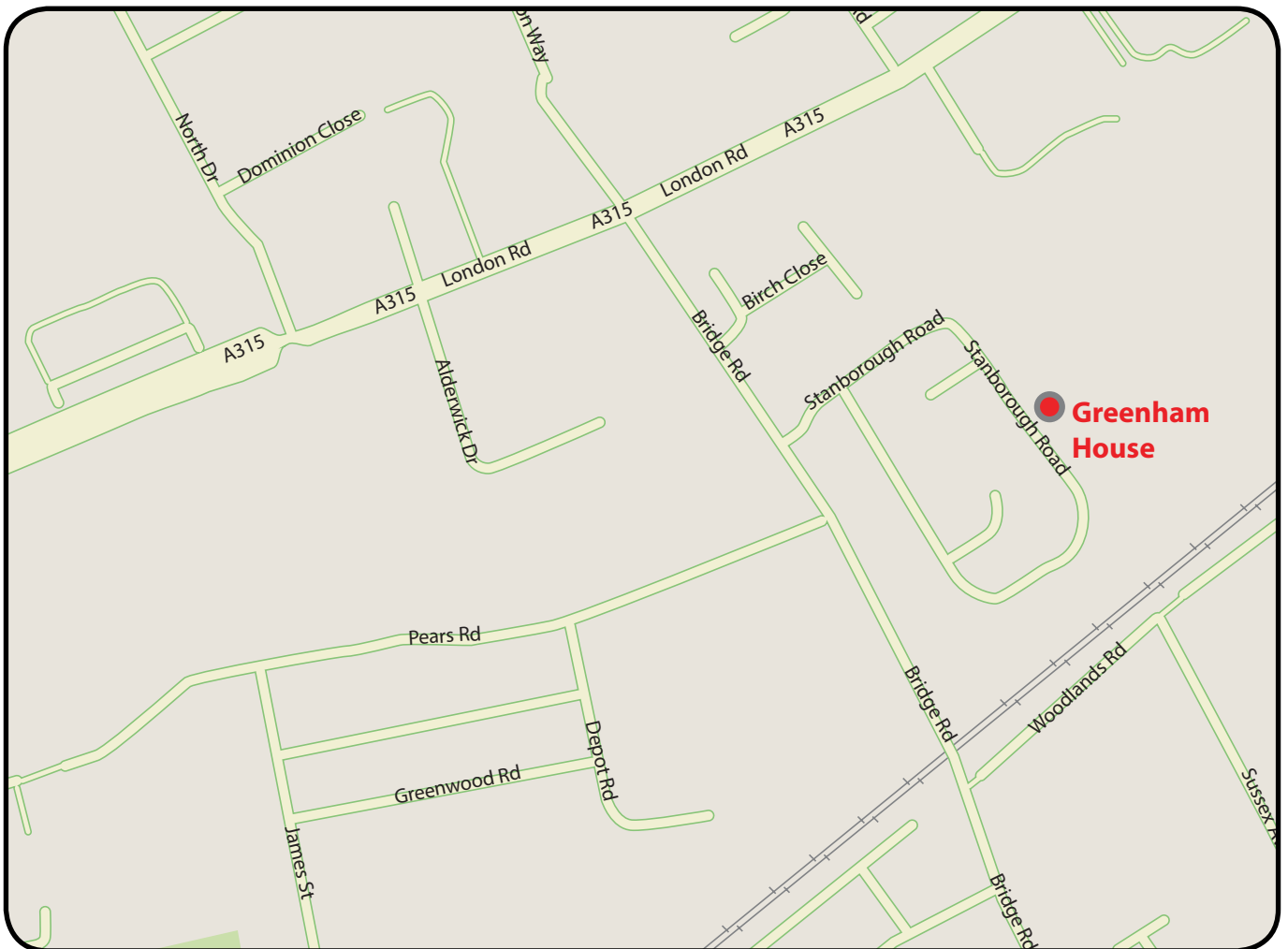
Transport is available for some activities for a small charge if you cannot access public transport due to mobility problems. Please enquire about this when you call.

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



Greenham House

55 Stanborough Road
Hounslow TW3 1YF



Directions:

Getting there: Take the H22 bus and get off at the Stanborough Road bus stop. If you are on the H22 towards Twickenham the bus will stop just after the entrance to Stanborough Road. If you are on the H22 towards Hounslow, you should cross over the road to enter Stanborough Road. Please follow the bend of Stanborough road and Greenham House will be on the left. Some parking is available, but it can be busy.

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