

HAPPY & HEALTHY
60+
IN HOUNSLOW



Activity programme January - February 2015

Greenrod Place

Clayponds Lane, Brentford TW8 0BN



London Borough
of Hounslow

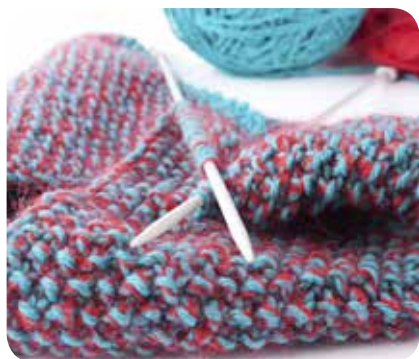
Hounslow Housing

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Knitting, Sewing and Crafts

TUESDAYS 10am-12pm

£2.00 per session
(Lunch available 12-1pm
for £5.00)



Variety programme of Skittles, Boccia and Kurling

WEDNESDAYS 1-2.30pm

£1.50 per session including
tea/coffee and biscuits

Play these fun games in
teams from seated or
standing.

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Chair Based/Gentle Yoga

FRIDAYS 10.30am-12pm

£1.50 per session

Session begins with tea/coffee and biscuits (Lunch available 12-1pm for £5.00)

You are welcome to have lunch at the onsite café at Greenrod Place 12-1pm, Monday-Friday if you are aged 60+ even if you are not participating in the activity programme. The three course lunch costs £5.00.

Preferably please call 020 8583 4643 or 0794 679 3701, if you would like to attend an activity, but drop in is also welcome.



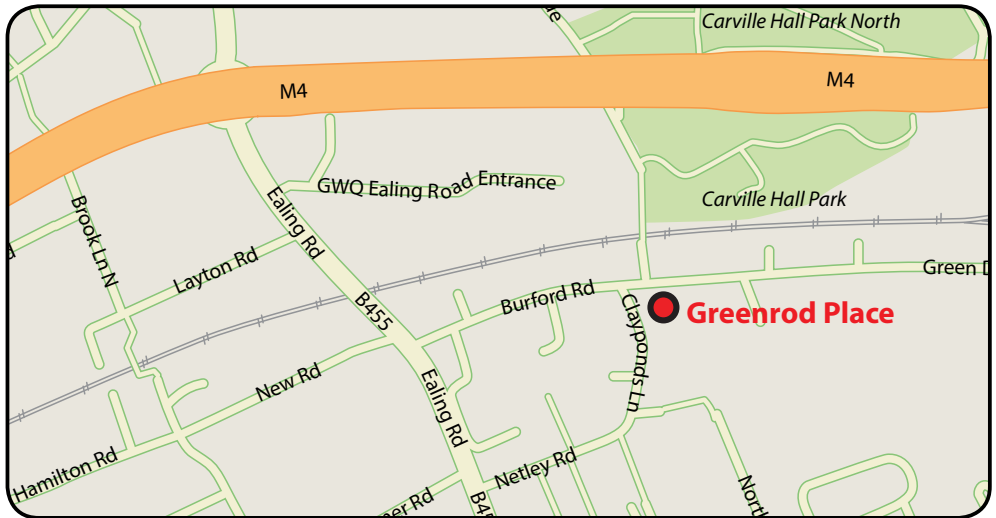
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Public transport directions:

If coming from the Isleworth side of Brentford, you can get the number **235 bus towards Brentford** which drops you off on Ealing Road at 'New Road' bus stop (BS). You will have to walk for approximately five minutes: Take the right down Burford Road then the second right onto Clayponds Lane. Greenrod Place will be on your left.

If coming from the Chiswick side of Brentford, you can get the number **65 bus towards Ealing Broadway** which drops you off on Ealing Road at 'New Road' bus stop (BS). You will have to walk for approximately five minutes: Take the right down Burford Road then the second right onto Clayponds Lane. Greenrod Place will be on your left.

Or you can get the number **267 bus towards Fulwell** which drops you off on Brentford High Street outside the Watermans Centre (bus stop K). You will have to walk for approximately seven minutes: Cross over the road and walk to MacDonalds on the corner of Ealing Road. Turn right up the Ealing Road. Take the first turning on the right onto Nettley Road. Follow the road round until you nearly reach the end and Greenrod Place is on the right.

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