

# Elgin Close Resource Centre

## *Living Well in Later Life*

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## Activities Timetable January to March 2020

Opening times:  
Monday to Friday 9.00 – 5.00

3 Elgin Close, Shepherds Bush. W12 9NH  
Telephone: 020 3815 2184

Activities	Days	Times	Price
Arts and Crafts	Tues/Wed/Thurs	10.30 – 12.30	£3.00
Bingo	Wed - Fri	1.15 – 2.15	50p a card
Circle Dancing for Older People	Mon	11.15 – 12.15	Free
Dressmaking	Wed	12.30 – 3.00	£3.00
Knitting	Thurs Fri	10.00 – 11.15 1.15 – 2.15	Free
IT Classes	Wed	10.00 – 12.00	£2.00
Jewellery Making	Mon	10.00 – 11.15	£3.00
Magic Table	All week	Various	Free
Pampering	Various	See programme	£3.00
Read and Relax	Mon	1.15 – 2.15	Free
Singing For All <b>Every second Wednesday</b>	Wed	10.30 – 12.15	Free
Stand and Steady (falls prevention exercise group)	Thurs/Fri	11.15 – 12.15	Free
Worship and Prayer	Tues	11.15 – 12.15	Free
Yoga	Tues Wed	1.15 – 2.15 11.15 – 12.15	£3.00
<b>Wellbeing</b>			
Alcohol Support Service (CGL)	Mon/Tue/Thurs/Fri	By appointment	Free
Counselling (Third Age)	Mon	By appointment	Free
Hairdresser <b>Every Wednesday</b>	Wed	9.00 – 3.30	Please check prices
Healthy Hearts	Fri	By appointment	Free
Massage	Thurs	By appointment	Please check prices
Osteopathy	Tues	By appointment	Please check prices
Reflexology & Aromatherapy <b>Every second Wednesday</b>	Wed	By appointment	From £10.00
<b>Monthly</b>			
Complete Footcare	Monthly	By appointment	Please check prices
Optician	Monthly	By appointment	Please check prices

<b>Monday</b>		
<b>Morning Programme</b>		
Tea and Newspaper	9.30 – 10.30	
Magic Table	10.00 – 10.30	Free
Jewellery Making	10.00 – 11.15	£3.00
Quiz	10.30 – 11.15	Free
Circle Dancing (chair based exercise)	11.15 – 12.15	Free
<b>Afternoon Programme</b>		
Read and Relax	1.15 – 2.15	Free
Pampering	1.15 – 2.15	£3.00
Magic Table	2.45 – 3.30	Free
<b>Monday Extras</b>		
Alcohol Support Group (CGL)	By appointment	Free
Counselling (Third Age)	By appointment	Free

<b>Tuesday</b>		
<b>Morning Programme</b>		
Tea and Newspaper	9.30 – 10.30	
Magic Table	10.00 – 10.30	Free
Arts and Crafts	10.15 – 12.15	£3.00
Quiz	10.30 – 11.30	Free
Worship and Prayer	11.15 – 12.15	Free
<b>Afternoon Programme</b>		
Yoga	1.15 – 2.15	£3.00
Singalong	1.15 – 2.15	Free
Magic Tables	2.45 – 3.30	Free
<b>Tuesday Extras</b>		
Alcohol Support Group (CGL)	By appointment	
Osteopathy	By appointment	Please check prices.

<b>Wednesday</b>		
<b>Morning Programme</b>		
Tea and Newspaper	9.30 – 10.30	
Magic Table	10.00 – 10.30	Free
IT Classes (by appointment)	10.00 – 12.00	£2.00
Arts and Crafts	10.15 – 12.15	£3.00
Singing For All (reminiscence) <b>Every second Wednesday</b>	10.30 – 12.15	Free
Quiz	11.00 – 12.00	Free
Yoga	11.15 – 12.15	£3.00
Hairdresser	9:00 – 3:30	Please check prices.
<b>Afternoon Programme</b>		
Dressmaking	1.00 – 3.00	£3.00
Bingo	1.15 – 2.15	50p a card
Brain Teaser Session	1.15 – 2.15	Free
Magic Table	2.45 – 3.30	Free
<b>Wednesday Extras</b>		
Complete Feet Care (Once a month)	9.00 – 3.30	Please check dates & prices.
Reflexology & Aromatherapy <b>Every second Wednesday</b>	9.00 – 1.00	From £10

<b>Thursday</b>		
<b>Morning Programme</b>		
Tea and Newspaper	9.30 – 10.30	
Magic Table	10.00 – 10.30	Free
Arts and Crafts	10.15 – 12.15	£3.00
Knitting	10.00 – 11.15	Free
Stand and Steady (chair based exercise)	11.15 – 12.15	Free
<b>Afternoon Programme</b>		
Bingo	1.15 – 2.15	50p a card
Discussion Group	1.15 – 2.15	Free
Magic Table	2.45 – 3.30	Free
<b>Thursday Extras</b>		
Alcohol Support (CGL)	By appointment	
Massage	By appointment	Please check prices.

<b>Friday</b>		
<b>Morning Programme</b>		
Tea and Newspaper	9.30 – 10.30	
Magic Table	10.00 – 10.30	Free
Quiz	10.30 – 11.15	Free
Stand and Steady (chair based exercise)	11.15 – 12.15	Free
<b>Afternoon Programme</b>		
Bingo	1.15 – 2.15	50p a card
Knitting	1.15 – 2.15	Free
Magic Table	2.45 – 3.30	Free
Pampering	By appointment	£3.00
<b>Friday Extras</b>		
Alcohol Support (CGL)	By appointment	
Healthy Hearts	By appointment	Free
Intergenerational Discussion Group with Greenside Primary School	11.15 – 12.15	Free

<b>Monthly Extra Programme</b>		
<b>Tea Dance - Last Friday of the month</b> Friday 31 <sup>st</sup> Jan Friday 28 <sup>th</sup> Feb Friday 27 <sup>th</sup> Mar	1.30 – 3.00	Free
<b>Comedy Club - Last Wednesday of the month</b> Wednesday 29 <sup>th</sup> Jan Wednesday 26 <sup>th</sup> Feb Wednesday 25 <sup>th</sup> Mar	10.30 – 12.30	Free
<b>Karaoke</b> <b>Second Wednesday of each month</b> Wednesday 15 <sup>th</sup> Jan Wednesday 12 <sup>th</sup> Feb Wednesday 11 <sup>th</sup> Mar	1.30 – 2.30	Free

<b>Additional Activities and Trips</b>	<b>Time</b>	<b>Price</b>
<b>Museum of Brands Reminiscence session</b> Wednesday 8 January 2020	11.00 – 12.00	Free
<b>Comfort Plus Demonstrations</b> Wednesday 15 January 2020	11.00 – 12.00	Free
<b>The Eagle Pub – Ladbroke Grove</b> Thursday 30 January 2020	10:00 – 13:00	Please check with centre
<b>Museum of Brands Reminiscence session</b> <b>‘Special Valentine Edition’</b> Wednesday 12 February 2020	11.00 – 12.00	Free
<b>Osterley Park &amp; Garden Centre</b> Wednesday 4 March 2020	11:00 – 12:00	Please check with centre
<b>International Women’s Day Celebration</b> <b>"I am Generation Equality: Realizing Women’s Rights"</b> Friday 6 March 2020	13:30 – 14:30	Free



**How to find us.** We are on Goldhawk Road between Cathnor Road and Askew Road

**By Bus** - The **94** and **237** bus services stop near to the Centre

**By Tube** - Goldhawk Road Station and Ravenscourt Park Station