

The Avenue Club Activities

www.avenueclubkew.com



Monday	Tuesday	Wednesday	Thursday	Friday
Transport & Carer Day <i>Ring for Details</i> Rummikub, Scrabble Etc.	Hairdressing From 9.00 am <i>Ring for an appointment</i>	Massage From 10.00 am <i>Ring for an appointment</i>	Hairdressing From 8.00 am <i>Ring for an appointment</i>	Pilates With Garry 09.30 – 10.30
Men's Wellbeing 09.30 – 10.30 (coffee served afterwards)	Tai Chi 09.30 – 11.00	French Conversation (3 classes) 9.30 – 10.30 10.30 – 11.30 11.30 – 12.30	Monthly Walking Group <i>Ring for details</i> <i>Meet at The Avenue Club at 10.30 am</i>	
Pilates With Caroline (2 classes) 09.30 – 10.45 1.00 – 2.00	Art History 10.00– 12.00 (starts 3/10/17)	Knit & Stitch Club 10.00 – 12 noon <i>Embroidery, Patchwork, Knitting Tapestry & more</i>	Bridge 10.00 – 12 noon	Manicure Monthly 10.00– 2.00 <i>Ring for an appointment</i>
Spanish Conversation 11.00 – 12.00 (starts 9/10/17)	Gentle Exercises 1.00 – 2.00 <i>Tea served at the end of the class</i>	Yoga With Barbara 11.30– 12.30	Intelligent Ageing 10.00 – 11.30 1 st Thursday of the Month (starts 5/10/17)	Aromatherapy Alternate Weeks 10.00– 12 noon <i>Ring for an appointment</i>
Yoga With Barbara 11.00– 12.00		Not So Gentle Exercises 1.00 – 2.00		
Creative Writing (2 classes) 11.00– 12.30 1.00 – 2.30	Italian Class 2.00 – 3.30	Art Class 1.00 – 3.00	Delicious Roast Lunch served every Thursday	
Mosaic Art Class 1.30 – 3.30	Avenue Club Community Choir 2.30 – 4.15 <i>Including Tea Break</i>	Mindfulness 1.30 – 3.00 <i>Ring for Details</i>	Supervised Bridge 1.00 – 3.00	
Book Club Last Monday of the Month 2.45 – 4.00 <i>Ring for Details</i>		Chiropody 1.30 – 3.30 <i>Ring for an appointment</i>	Bingo 1.30 – 2.30	Line Dancing 1.00 – 3.00
		Cooking with the Galloping Maestro (starts 11/10/17) 3.00 – 4.00	Exercises With Bryan 2.00 – 3.00	

Two-course Hot Lunch served Monday – Thursday 12.00 – 1.00 pm – Members: £4.00 Guests: £5.00
Fees for Activities range from £5.00 - £7.00 // Membership Fees are £30 (Single) and £50 (Couple) per year
Other Activities include: Talks, Musical Entertainment & Outings

We are a Warm and Sociable Club and Welcome New Members // Contact us at The Avenue Club Office on :
020 8948 8807 or email : avenueclub@kewcommunitytrust.org.uk

Better still drop by and take a look for yourself and have a chat with a member of our friendly staff.
St. Luke's in The Avenue, The Avenue, Richmond, Surrey. TW9 2AJ