

Activities at The Avenue

St. Luke's in The Avenue, Kew, Richmond, TW9 2AJ

Email: avenueclub@kewcommunitytrust.org.uk

Tel: 020 8948 8807

www.avenueclubkew.com

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| Monday Club <i>Local transport available</i> Ring for details | Hairdressing From 09:00 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 09.30 – 10.45 <i>With Garry</i> |
| Men's Wellbeing 09.30 – 10.45 | Tai Chi 09.30 – 11.00 | French Conversation 9.30 – 11.00 and 11.00 – 12.30 | Monthly Walking Group <i>(3rd Thursday of the month)</i> <i>Meet at The Avenue Club at 9.30</i> | Manicure Monthly 10.00– 2.00 <i>Ring for an appointment</i> |
| Pilates 09.30 – 10.45 and 12.45– 2.00 <i>With Caroline</i> | Art History 10-12.00 | Knit & Stitch Club 10.00 – 12 noon <i>Embroidery, Patchwork, Knitting, Tapestry & more</i> | Opera Lectures 2nd & 4th Thurs. of month 10.00 – 11.45 <i>Short break</i> | Balance & Agility 11.00-12.15 <i>With Garry</i> |
| Spanish Intermediate 10.00 – 11.00 Beginners (1/10/18) 11.15-12.15 Intermediate 12.30-1.30 | Film Lectures 12.45—2.45 With Tea Break | Yoga 11.00– 12.00 <i>With Barbara</i> | Bridge 10.00 – 12 noon | Ukulele Class 1.00 – 2. 30 |
| Yoga 11.00– 12.00 <i>With Barbara</i> | Seated Exercises 1.00 – 2.00 <i>Tea served at the end of the class</i> | Jacqui's Low Impact Aerobic Exercises 1.00 – 2.00 | Delicious Roast Lunch served Every Thursday | Line Dancing 1.00 – 3.00 <i>Including Tea Break</i> |
| Creative Writing 11.00–1.00 | Italian Class 2.00—3.30 | Art Class 1.00 – 3.00 | Table Tennis 12.30 –1.30 <i>Ring to Book</i> | |
| Mosaic Art Class 1.30 – 3.30 | Community Choir 2.30 – 4.15 | Mindfulness <i>Ring for Details</i> | Supervised Bridge 1.00 – 3.00 | |
| Book Club Last Monday of the Month 2.00 – 3.00 <i>Ring for Details</i> | | Chiropody 1.30 – 3.30 <i>Ring for an appointment</i> | Bryan's Low Impact Aerobic Exercises 2.00 – 3.00 | |

Great Britain and Great Britons (1780-1880)
 2.00—3.30