



Stay Fit, Stay Healthy

ACTIVITY PROGRAMME 60+

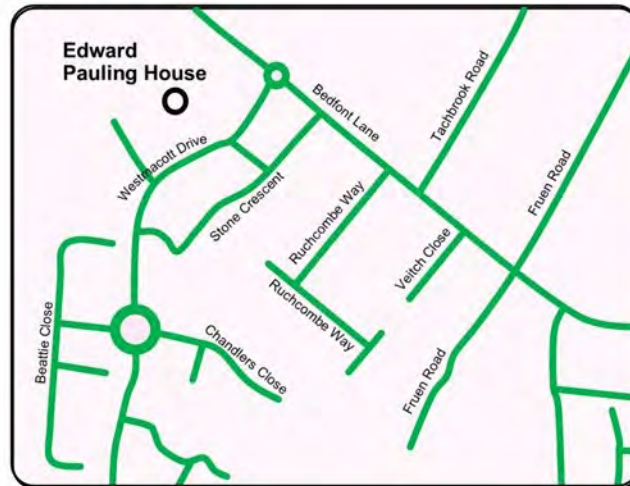
February - April 2024

- Edward Pauling House
- Frogley House
- Danehurst



For more information, contact Anita Savdas,
on 07974622748 or Email: activities60plus@hounslow.gov.uk

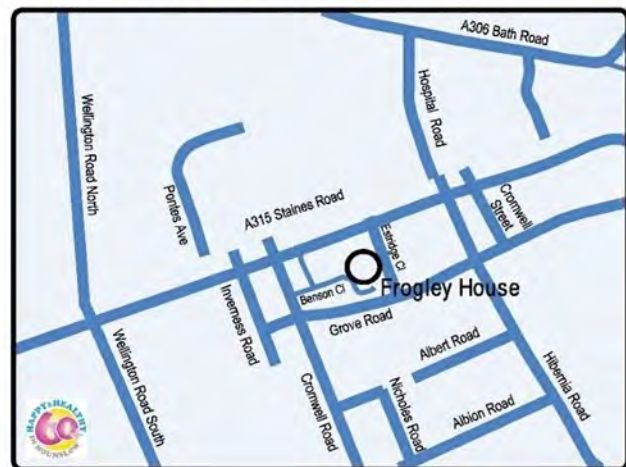
Edward Pauling House
Westmacott Drive, Feltham TW14 9RJ
Tel: 020 8844 0791



Danehurst
Brent Lea, Brentford TW8 8HX
Tel: 020 8560 1977



Frogley House
Estridge Close, Hounslow TW3 3FQ
Tel: 020 8572 7647



“Stay Fit and Stay Healthy in Hounslow” offers free activities for residents aged 60 and over. Join us at any three of The Sheltered Housing Schemes.

- Danehurst
- Frogley House
- Edward Pauling House

Our programme includes a range of activities like arts and crafts, technology support, exercise sessions, music therapy, and more. It’s not just about the activities – it’s designed for participants to have opportunities to socialise, interact and create new friendships.



Stay Fit, Stay Healthy

Activity Programme February – April 2024

Activities60plus@hounslow.gov.uk ☎07974622748

Edward Pauling House Westmacott Drive, Feltham TW14 9RJ

Monday

Activity	Time	Date
Creative Arts Campus Explore the world of art at Creative Art Campus with our enthusiastic art teachers, Jignesh and Yash Patel. Having completed numerous art projects across the borough, including the mural of the King and Queen on Kingsley Road, and being featured on the BBC, Jignesh and Yash bring their expertise to provide enjoyable and captivating painting art sessions. Unleash your creativity by joining us.	3:45pm-4:45pm	February: 05, 12, 19, 26 March: 04, 11, 18, 25 April: 01, 08, 15, 22, 29

Tuesday

Activity	Time	Date
Tai Chi With years of experience as a Tai Chi practitioner, Stuart offers extensive guidance in the Yang style. He covers Push Hands, Energy Flow, and Meditation to help refine your balance and coordination. Stuart also emphasises the importance of focusing on the mind and breathing, contributing to your overall well-being. Everyone is welcome to participate.	2:00pm-3:00pm	February: 06, 13, 20, 27 March: 05, 12, 19, 26 April: 02, 09, 16, 23, 30

Thursday

Activity	Time	Date
Music Therapy with Graham These therapeutic sessions with Graham will help you to make new friendships and improve your mental health. Come and sing along with Graham and have a little chat in between through the memories of music.	2:00pm-3:00pm	February: 01, 08, 15, 22, 29 March: 07
Light Zumba with Jaz If you're seeking a more relaxed and leisurely exercise option, Jaz's light Zumba classes are an ideal choice. These classes are specifically designed to offer a gentle yet steady approach to Zumba, whether it's your first session or you're a regular participant. You'll undoubtedly find value in this enjoyable workout, supporting the development of muscle strength and enhancing overall body coordination.	3:45pm-4:45pm	March: 14, 21, 28, April: 04, 11, 18, 25

Frogley House, Estridge Close, Hounslow TW3 3FQ

Monday

Activity	Time	Date
<p>Creative Arts Campus</p> <p>Explore the world of art at Creative Art Campus with our enthusiastic art teachers, Jignesh and Yash Patel. Having completed numerous art projects across the borough, including the mural of the King and Queen on Kingsley Road, and being featured on the BBC, Jignesh and Yash bring their expertise to provide enjoyable and captivating painting art sessions. Unleash your creativity by joining us.</p>	2:00pm-3:00pm	<p>February: 05, 12, 19, 26</p> <p>March: 04, 11, 18, 25</p> <p>April: 01, 08, 15, 22, 29</p>





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Tuesday

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<p>Zumba with Dee Join Dee's Zumba classes for a lively experience that will keep you moving and grooving to the beats. These enjoyable exercises aim to enhance muscle strength, balance, and coordination. Whether you prefer standing or sitting, everyone is welcome to participate.</p>	2:00pm-3:00pm	February: 06, 13, 20, 27 March: 05, 19, 26 April: 02, 09, 16, 30
Activity	Time	Date
<p>Alzheimer's Society' Dementia Cafes Come along and join Emily for a cup of tea at one of the local Dementia cafés. This is a free service, fully accessible and open to everyone affected by dementia. Your local Dementia café provides a safe and supportive place for you to discuss your own or a loved one's dementia diagnosis. Come and meet other people in similar situations, keep active, make new friends, and feel more confident. We also provide guest speakers and activities such as arts and crafts, singing or chair yoga. We aim to make every café a unique experience. We can't wait for you to join us. Please contact Emily Sacher on 07928 511603 for further information.</p>	1:30pm-3:30pm	March: 12 April: 23




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Thursday

Activity	Time	Date
<p>Yoga with Satvinder</p> <p>Satvinder is an experienced Yoga instructor with years of expertise, making her sessions a popular activity at our Schemes. Specialising in yoga for those over 60, her approach is characterised by a calm, relaxed, and adaptable style. Satvinder's yoga classes are crafted to enhance both mental health and physical well-being.</p>	1:00pm-2:00pm	<p>February: 01, 08, 15, 22, 29</p> <p>March: 07, 14, 21, 28</p> <p>April: 04, 11, 18, 25</p>

Activity	Time	Date
<p>Community Gardening</p> <p>Our trained gardening instructors will teach you how to prune plants, divide plants into two and teach you how to ensure that your plants are growing healthy. Our sessions also include mindful drawing such as drawing plants, labelling their different parts, so get to truly see and appreciate them.</p> <p>You can take part in our sensory sessions such as 'nature-bathing', immersing ourselves in nature, in the sounds, smells, textures of what's in front of us. This can even be done by a window from inside - we've got to contend with the English weather after all. So come and join us for some tips, tricks and nature fun!</p> 	2:30pm-3:30pm	<p>April: 04, 11, 18, 25,</p>

Danehurst Centre, Brent Lea, Brentford TW8 8HX

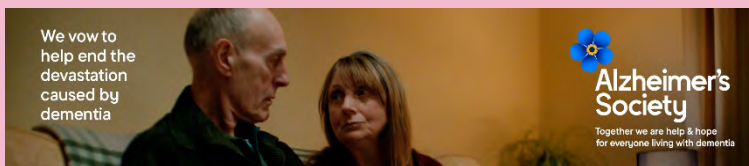
Monday

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<p>Creative Arts Campus</p> <p>Explore the world of art at Creative Art Campus with our enthusiastic art teachers, Jignesh and Yash Patel. Having completed numerous art projects across the borough, including the mural of the King and Queen on Kingsley Road, and being featured on the BBC, Jignesh and Yash bring their expertise to provide enjoyable and captivating painting art sessions. Unleash your creativity by joining us.</p>	11:00am-12:00pm	<p>February: 05, 12, 19, 26</p> <p>March: 04, 11, 18, 25</p> <p>April: 01, 08, 15, 22, 29</p>
<p>Yoga with Magda</p> <p>Join Magda's yoga classes for a rejuvenating experience that will leave you feeling positive and relaxed. These sessions not only enhance coordination and balance but also contribute to your mental health and overall well-being, ultimately improving your quality of life.</p>	1:45pm-2:45pm	<p>February: 05, 12, 19, 26,</p> <p>March: 04, 11, 18, 25</p> <p>April: 01, 08, 15, 22, 29</p>




Tuesday

Activity	Time	Date
<p>Music Therapy with Graham These therapeutic sessions with Graham will help you to make new friendships and improve your mental health. Come and sing along with Graham and have a little chat in between through the memories of music.</p>	11:00am-12:00pm	February: 06, 13, 20, 27 March: 05, 12
<p>Bollywood Dance Classes Join Jaz, the dynamic instructor who has been delivering vibrant and uplifting Bollywood dance classes for number of years. Jaz's classes not only teach you new moves but also contribute to your fitness. The sessions help build coordination and strength, alleviate stress, and support you in enhancing coordination and rhythm.</p>	2:30pm-3:30pm	March: 05, 12, 19, 26 April 02, 16, 23, 30
Activity	Time	Date
<p>Alzheimer's Society' Dementia Cafes Come along and join Emily for a cup of tea at one of the local Dementia cafés. This is a free service, fully accessible and open to everyone affected by dementia. Your local Dementia café provides a safe and supportive place for you to discuss your own or a loved one's dementia diagnosis. Come and meet other people in similar situations, keep active, make new friends, and feel more confident. We also provide guest speakers and activities such as arts and crafts, singing or chair yoga. We aim to make every café a unique experience. We can't wait for you to join us. Please contact Please contact Emily Sacher on 07928 511603 for further information.</p>	1:30pm-3:30pm	April: 09



Thursday

Activity	Time	Date
<p>T'ai Chi hosted by the HOUNSLOW SENIORS TRUST</p> <p>Funded by the National Lottery Community Fund, these classes present wonderful opportunities for you to engage in physical exercise through Tai Chi. Tai Chi is known for its various benefits for the mind, body, and spirit. The classes are conducted at a gentle and slow pace, allowing participants the option to either sit or stand.</p> 	<p>11:30am-12:30pm</p>	<p>February: 01, 08, 22, 29</p> <p>March: 07, 14, 21, 28</p> <p>April: 18, 25</p>
<p>Nutrition and Exercise</p> <p>Embark on your fitness journey with Solariss, a certified wellbeing and fitness coach. Her classes kick off with a nutrition discussion followed by chair exercises. Additionally, you'll have the chance to ask any fitness and well-being related questions you may have.</p>	<p>2:30pm-3:30pm</p>	<p>March: 28</p> <p>April: 04, 11, 18, 25</p>



Friday

Activity	Time	Date
<p>Gadget Surgery Hounslow Seniors Trust is excited to present a series of four GADGET SURGERIES, by The National Lottery Community Fund. Whether it's a laptop glitch, phone issues, tablet troubles, or unsure about emails, bring in the gadget that's causing you concerns. Our friendly Gadget Doctor, Ni Cuu, will be on hand to help. You'll also get a chance to explore different apps, tricks, and tips that can enhance your gadget experience.</p> 	1:00pm-2:30pm	February: 09, 16, 23 March: 01
<p>Poetry & Us Best Tutoring invites you to join four poetry classes. In the last session, you can share your work with the group, letting your creativity shine. It's a great chance for you to learn, express yourself, and connect with others in our community through poetry. Come and have some poetry fun.</p> 	1:00pm-2:00pm	March: 29 April: 05, 12, 19

Class capacities are limited, and admission operates on a first-come, first-served basis. If a class is fully booked, admission will not be permitted.

Corrections and Clarifications Statement

All information stated is correct of printing and subject to change without notice.



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February 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



For more information contact Anita Savdas, Activities Officer on 07974622748 or Email: activities60plus@hounslow.gov.uk