



London Borough
of Hounslow

Stay Fit, Stay Healthy **ACTIVITY PROGRAMME**

June - August 2024

Bristol Court



Free Activities for 18 years and over

For more information, contact Anita Savdas,

on 07974622748 or Email: activities60plus@hounslow.gov.uk

Stay Fit, Stay Healthy

Activity Programme June - August 2024

Activities60plus@hounslow.gov.uk ☎07974622748

“Stay Fit and Stay Healthy in Hounslow” offers free activities for residents aged 18 and over. Join us at Bristol Court. Our program includes a range of activities like arts and crafts, technology support, exercise sessions, music therapy, and more. It’s not just about the activities – we’ve designed for participants to have opportunities to socialise, interact and create new friendships.



Bristol Court
United Drive, Feltham TW14
9AG Tel: 020 8890 1854



Monday

Activity	Time	Date
<p>Techie Tea with Refreshments Are you looking to improve your digital skills, enjoy some light refreshments and connect with others? Look no further! Our digital support sessions are designed to help adults embrace the digital world. We are here to support you to use your own devices as well as using the online platforms safely. This can include guidance on how to shop online, setting up council services on your mobile/ laptop, sending emails and navigating your device.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: 07834 746951</p> 	<p>10:00am – 1:00pm</p>	<p>June: 03</p>
<p>Canvasses and Paint Embark on a creative journey with our themed art session where we will present a surprising, unique and inspiring theme to ignite your imagination. Explore new techniques, express yourself through paint and canvas, and unleash your inner artist in a supportive and welcoming environment. Canvasses and paint will be provided.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: 07834 746951</p> 	<p>11:00am – 12:30pm</p>	<p>June: 10</p>
<p>Scrapbook Making Unleash your creativity with our scrapbooking session which will offer you a relaxing and enjoyable way to preserve memories, share stories, and craft beautiful keepsakes together. All materials provided.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: 07834 746951</p> 	<p>10:00am – 12:00pm</p>	<p>June: 17</p>

<p>Zumba – Moves which will keep you on your toes Join our invigorating Zumba sessions designed to keep you active, healthy, and having fun with easy-to-follow dance moves and great music! No experience needed—just bring your energy and enthusiasm!</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: 07834 746951</p>	12:15pm – 1:00pm	June: 24
<p>Dance And Stretch Indulge in the rhythm of movement and relaxation with our dance and stretch session. Combining an invigorating dance routine with soothing stretches, this session will offer a holistic approach to fitness, helping you improve flexibility, coordination, and overall well-being while having a blast on the dance floor. No experience needed.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: 07834 746951</p>	10:00am – 11:00am	July: 01
<p>Techie Tea with Refreshments Are you looking to improve your digital skills, enjoy some light refreshments and connect with others? Look no further! Our digital support sessions are designed to help adults embrace the digital world. We are here to support you to use your own devices as well as using the online platforms safely. This can include guidance on how to shop online, setting up council services on your mobile/ laptop, sending emails and navigating your device.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: 07834 746951</p>	10:00am – 1:00pm	July: 08



<p>Board/Card Games</p> <p>Join us for an afternoon of board game fun! Bring your competitive spirit and strategic thinking as we gather to play classic and modern board games. Whether you're a seasoned player or new to the world of board games, there's something for everyone to enjoy in our friendly and inclusive gaming community.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: 07834 746951</p> 	<p>10:00am – 1:00pm</p>	<p>July: 15</p>
<p>Bingo</p> <p>Get ready to shout "Bingo!" at our lively bingo session.</p> <p>Join us for an exciting afternoon filled with anticipation. With thrilling rounds and a welcoming atmosphere, our bingo event is the perfect way to have fun and socialize with friends old and new.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: 07834 746951</p> 	<p>12:00pm – 1:00pm</p>	<p>July: 22</p>
<p>Puzzles/ Crosswords</p> <p>Challenge your mind and unwind with our puzzles and crosswords sessions. Join us for a relaxing and stimulating time as we tackle brain teasers and unravel mysteries together. Whether you're a crossword enthusiast or a puzzle pro, come along and enjoy some mental exercise in a friendly and supportive environment.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: 07834 746951</p> 	<p>10:30am – 1:00pm</p>	<p>July: 29</p>

Embroidery and afternoon tea

Indulge in a delightful afternoon of embroidery and traditional afternoon tea. Join us for a leisurely session of needlework where you can explore your creativity, learn new stitches, and chat with fellow enthusiasts, all while enjoying a selection of delicious sandwiches, scones, and cakes served with a pot of tea.

Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: **07834 746951**



10:00am – 4:00pm

August:
05

Quiz- 70s and 80s Theme

Step back in time with our groovy 70s and 80s theme quiz! Test your knowledge of iconic music, movies, fashion, and pop culture from these retro decades while enjoying a nostalgic trip down memory lane. Grab your neon leg warmers or disco attire, gather your friends, and join us for a fun-filled morning of trivia and reminiscing.

Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: **07834 746951**



11:30am – 12:45pm

August:
12

Learn about Bees

Dive into the captivating world of bees with our informative demo! Learn about the critical role bees play as pollinators and explore their fascinating lifecycle and behaviors. From hive organization to foraging techniques, discover the secrets of these incredible insects through engaging demonstrations and discussions. Join us for an enlightening session that will deepen your understanding and appreciation of these essential creatures.


Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Salma on: **07834 746951**



10:00am – 1:00pm

August:
19

Tuesday

Activity	Time	Date
<p>Creative Arts Campus</p> <p>Explore the world of art at Creative Art Campus with our enthusiastic art teacher, Jignesh Patel. Having completed numerous art projects across the borough, including the mural of the King and Queen on Kingsley Road, Hounslow, and being featured on the BBC, Jignesh will bring his expertise to provide enjoyable and captivating art sessions. Unleash your creativity by joining us all levels are welcome to join.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Jignesh on: 07723357595</p>	<p>11:00am –12:00pm</p>	<p>June: 18</p> <p>July: 23</p> <p>August: 20</p>
<p>Grow Your Own Salad Bowl</p> <p>Discover the joy of home gardening with our "Grow Your Own Salad Bowl" workshop! Learn how to grow tomatoes, cucumber and lettuce from scratch with Sara from Groundwork. You will have the opportunity to plant your own and have a bowl to take home. No prior gardening experience is necessary, Our Garden technician Sara will guide you through the process step-by-step, making it easy for beginners and seasoned gardeners alike.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Sylvia on: 07549 019368</p>	<p>11:00am-12:00pm</p>	<p>June: 25</p>
<p>Alzheimer’s Society’ Dementia Cafes</p> <p>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.</p> <p>No bookings required simply, drop in.</p> 	<p>1:30pm - 3:30pm</p>	<p>July: 30</p>

Wednesday

Activity	Time	Date
<p>Road Safety Workshop</p> <p>Attention drivers and pedestrians aged 60 and above! Join our Road Safety workshop designed to equip you with essential knowledge and practical ideas to ensure your safety while out and about or on the road. This workshop aims to enhance your confidence when navigating outdoor environments.</p> <p>No bookings required simply, drop in.</p>	11:00am - 12:00pm	June: 05
<p>Science Explorers: Igniting Curiosity and Innovation Through Hands- On Learning</p> <p>Are you ready to dive into exhilarating world of science? Join us for a series of captivating sessions that promise to ignite your curiosity and stretch your imagination. Whether you're a budding scientist, a tech enthusiast, or just curious about how things work, our program is tailored to provide a hands-on, engaging experience for everyone.</p>		
<p>Session 1: Introduction to Science Technology Engineering and Maths</p> <p>Kick off our journey with an engaging overview of STEM (Science, Technology, Engineering, and Mathematics). Discover the significance of these fields through hands-on activities, including building basic mechanical structures. This session sets the foundation for a captivating exploration of the world around us.</p>	11:30am – 12:30pm	June: 12
<p>Session 2: Hands-On Physics</p> <p>Dive into the fascinating world of physics with practical experiments focused on motion and force. Participants will construct simple machines like levers and pulleys, gaining a deeper understanding of how physics principles apply to everyday life.</p>	11:30am – 12:30pm	June: 19

<p>Session 3: Exploring Electronics Explore the fundamentals of electricity and circuitry. In this session, participants will build their own simple circuit boards, learning how electrical components come together to create functional systems. It's a spark of excitement and discovery in the world of electronics.</p>	11:30am – 12:30pm	June: 26
<p>Session 4: Fun with Chemistry Uncover the wonders of chemistry through safe, interactive experiments using common household materials. Participants will witness the thrilling reaction of a homemade volcano eruption and learn the science behind it. This session makes chemistry both fun and educational.</p>	11:30am – 12:30pm	July: 03
<p>Session 5: Virtual Reality Step into the future with an introduction to Virtual Reality (VR) and Augmented Reality (AR). Participants will take a virtual journey through space or explore the human body, experiencing how VR technology is revolutionizing education and entertainment.</p>	11:30am – 12:30pm	July: 10
<p>Session 6: Engineering Challenges Put your engineering skills to the test with a bridge-building challenge. Using various materials, participants will design and construct bridges, then evaluate their strength and stability. This session fosters creativity and problem-solving skills in a fun, collaborative environment.</p>	11:30am – 12:30pm	July: 17
<p>Session 7: Renewable Energy Explore the importance of renewable energy sources such as solar and wind power. Participants will construct basic solar-powered models, gaining insights into sustainable energy solutions and their impact on the environment.</p>	11:30am – 12:30pm	July: 24
<p>Session 8: Project Showcase Celebrate the culmination of our STEM journey as participants showcase their projects. This final session provides an opportunity for review and feedback, highlighting the achievements and growth of each learner. It's a moment to recognize and celebrate the hard work and creativity of everyone involved.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Sunera on: 07944593690</p>	11:30am – 12:30pm	July: 31

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.



No bookings required simply, drop in.

1:30pm - 3:30pm

June:
19

Thursday

Activity	Time	Date
<p>Middle Eastern Dance Classes Are you ready to sway, shimmy, and embrace the enchanting rhythms of the Middle East? Look no further! Our vibrant Middle Eastern dance classes offer an unforgettable experience. Our classes offer a combination of cardio, muscle toning and flexibility exercises. Come and join in sharing plenty of laughter and fun during our lively sessions.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Sollaris on: 07958527334</p>	12:30pm- 1:30pm	June: 06, 20
<p>African Dance Classes Are you ready to move, groove and connect with the rich cultural heritage of Africa? Look no further! Our African dance classes offer an exhilarating experience that celebrates rhythm, community, and self-expression. So come and explore the moves and steps of the African dance with our Solariss Ade! Solariss teaches traditional and modern dances from West Africa, South Africa, Congo, Afro Caribbean, and more. Dive into the rich and exciting culture of African dance through fun routines.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Sollaris on: 07958527334</p>	12:30pm- 1:30pm	July: 04, 18
<p>Latin Dance Classes What to experience the sizzling beats and steps of Latin America? Our Latin dance classes are here just to do that. These classes will not only offer you an unforgettable experience but will leave you feeling rejuvenated. Whether you come solo or with a partner, you will have the opportunity to make new friendships and to be able to join the passion and joy of Latin Dance.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Sollaris on: 07958527334</p>	12:30pm- 1:30pm	August: 08, 27

Friday

Activity	Time	Date
<p>Emotions in Form- creative expressions using plasticine. Have you ever tried expressing your emotions through materials? This title captures the essence of using tactile materials like plasticine and clay to explore and express emotions, which can be particularly therapeutic and engaging for individuals with dementia. It emphasizes the creative process and the focus on emotional expression.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Marry Louise on: 07740369806</p>	11:00am- 12:00pm	June: 07, 21
<p>Embrace Gratitude with Your Personalized Jar Come and join us and unleash your creativity and craft a unique Gratitude Jar that reflects your personality. Gather materials – a jar or box, colorful pens, stickers, glitter, and ribbons. Embellish your jar with heartfelt decorations, inscribing words like “I’m thankful for....” Share your jars and messages with others to lift the positive spirits within ourselves.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Marry Louise on: 07740369806</p>	11:00am – 12:00pm	July: 05, 19
<p>Mindful Sewing Embark on a tactile journey through the world of textiles in our "Fabric of Mindfulness" sessions. These sessions are designed to engage your senses, inspire creativity, and promote a meditative state through the art of sewing. Begin by exploring an array of fabrics, each with its own texture, pattern, and history. Feel the weight and weave of linen, the softness of cotton, the sheen of silk, and the vibrancy of synthetics. Delve into the psychology of colors as you choose the palette that resonates with your current mood and intentions.</p> <p>Bookings can only be made 48 hours before the start of each session. To reserve your place, please call Marry Louise on: 07740369806</p>	11:00am – 12:00pm	August: 02, 09

Additional Information:

All information provided is accurate at the time of printing and is subject to change without prior notice.

No previous experience is required, all levels are welcome.

For health and safety reasons, please refrain from entering the building until 10 minutes before your session starts.

Attendees arriving later than 10 minutes to a session may be refused entry.

If you have booked a session but no longer wish to attend, please inform the tutor to allow someone else to attend in your place.

Abuse towards staff will not be tolerated. Individuals engaging in such behavior may be asked to leave and may not be allowed to participate in future activities.

Calendar 2024

April

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August

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30	31					

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