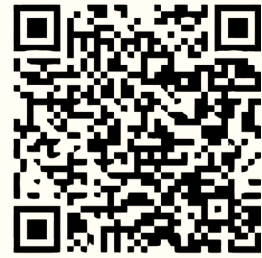


# Hounslow Wellbeing Network



Member Form

Belong. Breathe. Become...

FREE

## December 2025 Schedule










We build a comfortable and inclusive space where members in our community can come together and engage in a range of social and physical activities, while building positive relationships with each other.











**Email:** [hello@wellbeinghounslow.co.uk](mailto:hello@wellbeinghounslow.co.uk)  
**Number:** 074667 36718



# December Weekly Events

<b>MON</b> 1st, 8th 15th	<b>COFFEE AND CHAT</b> <b>(10 AM - 12 PM)</b> Potting Shed Cafe, Boston Manor Park	
<b>MON</b> 1st, 8th 15th	<b>BEANT'S WOMEN TALKING GROUP</b> <b>(1 PM - 2:30 PM)</b> Arts Centre Hounslow	
<b>MON</b> 1st, 8th 15th	<div>Reserve</div> <b>CHAIR FITNESS</b> <b>(12:45 PM - 1:30 PM)</b> Arts Centre Hounslow	
<b>TUE</b> 2nd, 9th 16th	<div>Reserve</div> <b>ZUMBA EXERCISE 1</b> <b>(10 AM - 10:45 AM)</b> Arts Centre Hounslow	
<b>TUE</b> 2nd, 9th 16th	<div>Reserve</div> <b>ZUMBA EXERCISE 2</b> <b>(10:50 AM - 11:35 AM)</b> Arts Centre Hounslow	
<b>WED</b> 3rd, 10th, 17th	<div>Reserve</div> <b>BOLLYWOOD DANCING</b> <b>(1:15 PM - 2 PM)</b> Arts Centre Hounslow	
<b>WED</b> 3rd, 10th, 17th	<b>STEPPING STONES CAFE</b> <b>(11 AM - 3 PM)</b> Arts Centre Hounslow	
<b>WED</b> 3rd, 10th, 17th	<b>ART WITH US</b> <b>(2 PM - 3 PM)</b> Arts Centre Hounslow	
<b>WED</b> 3rd, 10th, 17th	<div>Reserve</div> <b>YOGA AND MEDITATION</b> <b>(3:30 PM - 4:30 PM)</b> Arts Centre Hounslow	

# December Weekly Events

<b>THU</b> 4th, 11th	<b>ENGLISH CLASSES</b> <b>(10 AM - 11:30 AM)</b> Arts Centre Hounslow	
<b>THU</b> 4th, 11th, 18th	<b>COFFEE AND CHAT</b> <b>(11 AM - 1 PM)</b> Arts Centre Hounslow	
<b>THU</b> 4th, 11th, 18th	<b>BEANT'S KNIT AND CROCHET</b> <b>(1 PM - 3 PM)</b> Arts Centre Hounslow	
<b>THU</b> 4th, 11th, 18th	<b>QUIZ HOUR</b> <b>(2 PM - 3 PM)</b> Arts Centre Hounslow	
<b>FRI</b> 5th, 12th, 19th	<b>MUSIC AND CHAT</b> <b>(12 PM - 1 PM)</b> Arts Centre Hounslow	
<b>FRI</b> 5th, 12th, 19th	<b>FITNESS CLASSES</b> <b>(12:30 PM - 1:30 PM)</b> Potting Shed Cafe, Boston Manor Park	
<b>SUN</b> 7th, 14th	<b>ART AND CRAFT</b> <b>(12:30 PM - 1:30 PM)</b> Arts Centre Hounslow	
<b>SUN</b> 7th, 14th	<b>GAMES AFTERNOON</b> <b>(1:30 PM - 2:30 PM)</b> Arts Centre Hounslow	

# Special Events!

<b>10th</b> WED	<div>Reserve</div> <b>GARDENING DAY</b> <b>(10:30 AM - 12:30 PM)</b> Chiswick House and Gardens 
<b>16th</b> TUE	<div>Reserve</div> <b>PANTOMIME SHOW</b> <b>(1 PM - 3 PM)</b> Arts Centre Hounslow 
<b>18th</b> THU	<b>CHRISTMAS SPECIAL ACTIVITIES</b> <b>(11 AM - 1 PM)</b> Arts Centre Hounslow 

<b>FRI</b> 2 - 4 pm	<b>MOVIE AFTERNOONS:</b> BRING YOUR FRIENDS AND FAMILY! WE WELCOME ALL AGES
<b>12th: THE NIGHT MY DAD SAVED CHRISTMAS</b>	

Please reach out to us a  
week in advance to book  
your space via



Arts  
Centre

Join our  
WhatsApp Group



## How To Get To Some Of The Spaces?

### For Boston Manor:

Meet at the Boston Manor House Cafe by the main Car park (Bus E8 or 195)

### For Chiswick House and Gardens:

Bus 190 and E3 will drop off at the closest bus stations. Turnham Green is the closest Tube Station. The public car park is located 5 minutes from the venue.