

The Bradbury

37B Grange Road, Kingston upon Thames, KT1 2RA Tel: 020 8549 1230 Email: bradbury@ageconcernkingston.org
Open Monday - Friday at 10.00 am. Closed weekends and Public holidays.

The Bradbury Cafe

Why not visit our relaxing café, open Mon, Wed, Thurs 10.00 - 3.00pm. Tues and Fri 10.00 - 1.30pm.

Wednesday Hot Lunch: £4.50 for a 2-course roast lunch and dessert. This must be booked in advance as places are limited.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10.30 - 11.30 Beginner's Computer Course - 4 weeks (£16 for course payable in advance)</p> <p>The Monday Forum (topical discussion)</p> <p>Bradbury Weekly Walk</p> <p>1.30 - 4.00 Podiatry (£18 per session**) (1st Monday)</p> <p>1.30 - 3.30 Scrabble, Chess & Backgammon</p> <p>3.30 - 4.30 Yoga*</p>	<p>10.00 - 1.00 Massage Treatments (£13 1/2 hr £23 1hr**)</p> <p>10.30 - 11.30 Line Dancing*</p> <p>12.00 - 1.00 Chair Exercise*</p>	<p>10.30 - 11.30 Weekly Discussion Group</p> <p>10.30 - 12.00 Art Class - £59 per term</p> <p>12.30 - 2.00 Ballet & Stretch Class</p> <p>2.00 - 3.30 Art Class - £59 per term</p> <p>2.30 - 3.30 French Conversation</p> <p>2.30 - 3.30 One to One computer tuition £5.00 per hr (By appointment)</p>	<p>10.00 - 3.00 Massage Treatments (£13.00 1/2 hr £23 1hr**)</p> <p>10.15 - 11.15 Salsa*</p> <p>11.15 - 12.30 Creative Writing</p> <p>12.30 - 2.00 Bereavement Support Group (1st Thursday of the month)</p> <p>1.00 - 1.45 Pilates*</p> <p>1.00 - 2.00 RNID Hearing Aid Clinic (3rd Thursday of the month)</p> <p>2.00 - 4.00 Handicrafts/Patchwork</p>	<p>11.00 - 12.00 One to One computer tuition £5.00/hr (By appointment)</p> <p>10.00 - 11.00 Bradbury Book Club (first Friday of the month)</p> <p>10.30 - 12.00 Art</p> <p>10.00 - 3.30 Massage Treatments (Includes Reiki, Reflexology, Acupressure) (£10.00 1/2 hr £18 1hr**)</p> <p>2.00 - 3.00 Tai Chi* All levels welcome</p>
3.30 CLOSE	2.00 CLOSE	4.00 CLOSE	4.00 CLOSE	2.00 CLOSE

Some activities are at full capacity. Please phone the office for further enquiries. *£5 per session (members can choose to pay in advance for a block of 4 sessions for £16.00). Certain activities are individually priced on the timetable. Activities not marked with an asterisk or individual price are FREE. Times and prices of activities are subject to change. Please contact the centre for current information. **Please phone or call in to the centre for treatment details. Booking in advance is required. You must be 50 or over to come to the Bradbury Centre and fully Independent. You must be able to control the effects of any medical condition and be fully independent in your personal care. Walking aids can be accommodated.

Opening Times:

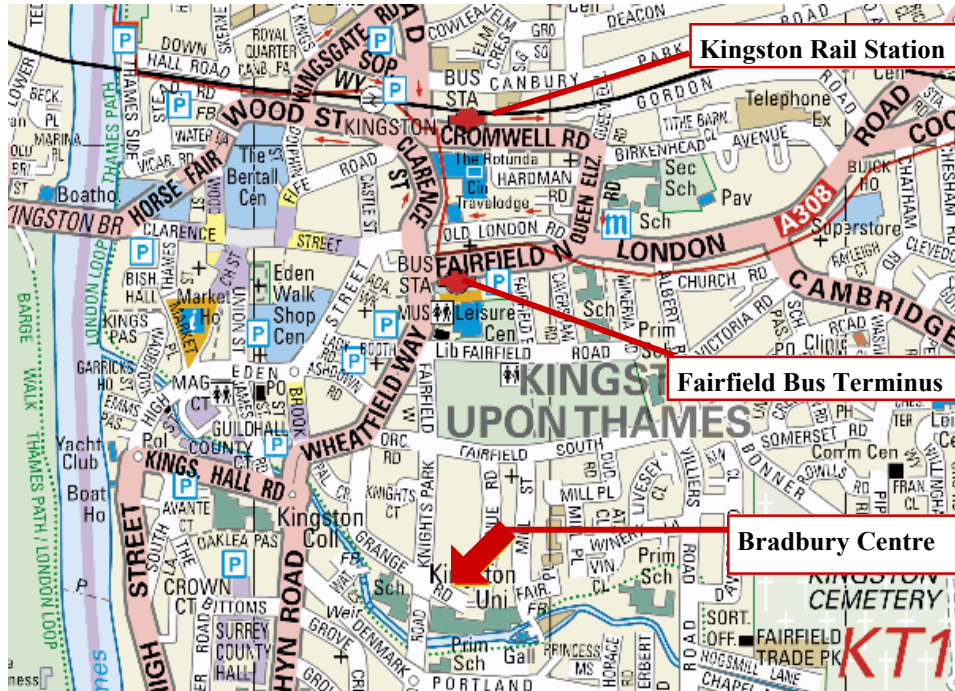
Mon 10.00 - 3.30pm, Wed & Thurs 10.00 - 4.00 pm.

Tues & Fri 10.00 - 2.00 pm

Closed weekends and Public holidays

Please Note: Monday 3.30 - 4.30 pm (yoga participants only)

The Bradbury Centre is located 10 minutes walk away from
Kingston Town Centre.



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