

The Bradbury



37B Grange Road, Kingston upon Thames, KT1 2RA Tel: **020 8549 1230** Email Laura at: **bradbury@staywellservices.org.uk**

Open Monday - Friday at 10.00 am. Closed weekends and Public holidays.

Bradbury Café: Open from 10am. Roast Lunch Monday & Wednesday: £5 for 2 courses. This must be booked in advance as places are limited.

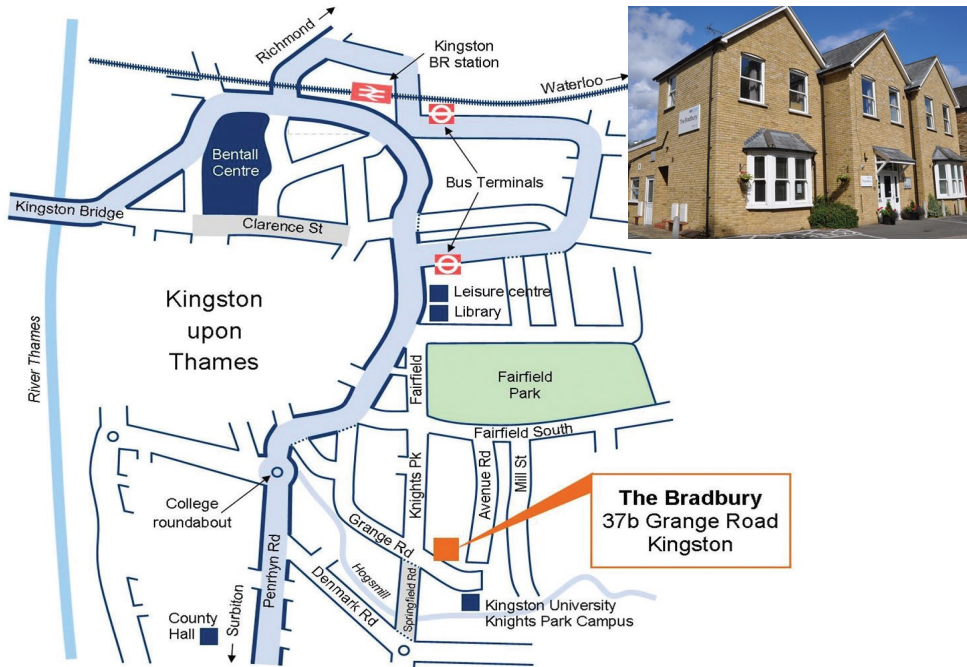
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10.30 - 11.30 Beginners' Computer Course - 4 weeks £16</p> <p>11.00– 3.00 1 to 1 computer tuition £5 By appointment only</p> <p>10.30 - 11.30 Monday Forum FREE</p> <p>10.30 - 11.30 Weekly Walk FREE</p> <p>12.00 - 4.00 Podiatry £18 per session** (1st Monday of the month)</p> <p>1.15 - 3.15 Board Games, Pool, Cards FREE</p> <p>2.00 - 3.00 Spanish Club FREE</p>	<p>9.45 - 2.30 Massage & Reflexology Treatments £29**</p> <p>10.30 - 11.30 Line Dancing £5*</p> <p>12.30 - 1.15 Chair Exercise £5*</p> <p>12.00 - 2.00 1 to 1 computer tuition £5 By appointment only</p>	<p>10.00 - 12.00 Art Space FREE</p> <p>11.00—2pm 1 to 1 computer tuition £5 By appointment only</p> <p>10.30 - 11.30 Weekly Discussion Group FREE</p> <p>2.00 - 4.00 Art Space FREE</p> <p>11.00 - 2.00 1 to 1 computer tuition £5 By appointment only</p> <p>2.30 - 3.30 French Conversation FREE</p>	<p>9.45 - 2.30 Massage & Reflexology Treatments £29**</p> <p>10.15 - 11.00 Zumba Gold! £5*</p> <p>11.15 - 12.30 Creative Writing FREE</p> <p>12.30 - 2.00 Bereavement Support Group FREE (1st Thursday of the month)</p> <p>1.00 - 2.00 RNID Hearing Aid Clinic FREE (3rd Thursday of the month)</p> <p>2.00 - 4.00 Handicrafts/Patchwork FREE</p>	<p>10.00 - 11.00 Bradbury Book Club (1st Friday of the month) FREE</p> <p>10.00 - 1.00 Oil Painting Lessons £1.00</p> <p>10.00 - 12.00 Art Lesson £1</p> <p>10.00 - 2.00 Counselling FREE By appointment only</p> <p>12.30 - 1.30 Stretch & Tone £5*</p>
3.30 CLOSE	2.00 CLOSE	4.00 CLOSE	4.00 CLOSE	2.00 CLOSE
<p>3.30 - 4.30 Stretch & Relax £5*</p>	<p>Special Events and Activities (See notice board or ring for details)</p>			<p>2.00 - 2.45 Improvers' Tai Chi £5*</p> <p>3.00 - 3.45 Beginners' Tai Chi £5*</p>

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. We cannot offer one-to-one supervision. **Updated Sept 2016**

The Bradbury

Kingston's only dedicated centre for active seniors

Located just 10 minutes walk away from
Kingston Town Centre.



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Kingston upon Thames
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"You're all so wonderful and kind. I really love it here."

"The Bradbury is always here, a constant."

" My taxi driver said The Bradbury is the most friendly centre he goes to for pick-ups. It has a really nice atmosphere."

"A big thank you for your help and patience ... I can truly state that using this iPad has opened up a new world ..."

"I really appreciate the roast dinners served at The Bradbury. Having regular, good, nourishing food here has really helped my recovery."

"This place keeps us well!"