

**The Woodlawn Centre**  
**16 Leigham Court Road, London, SW16 2PJ**

**Activities for Seniors**

MONDAY	WEDNESDAY	FRIDAY
<p><b>CHAIR EXERCISE 11.00am-12.00pm</b>            A qualified instructor will take you through a full workout. Prepare to increase your health, mobility, strength and balance.  <b>£2.00</b></p>	<p><b>LINE DANCNG 11.00am - 12.30pm</b>            Our expert dance tutor will take you through fun and lively routines suitable for Beginners and Intermediates! Free styling allowed!  <b>£2.00</b></p>	
<p><b>QUIZ 11.00am – 12.30pm</b>            Quizmaster Joan guides teams through a lively session of facts and figures. You will be surprised at what you can learn!  <b>£FREE</b></p>	<p><b>DIGITAL SKILLS 1.30pm – 3.30pm</b>            Build your skills, confidence and safety online. Bring along your smartphones, tablets or laptops and get expert assistance on using online services.  <b>£FREE</b></p>	<p><b>ASIAN SOCIAL 1.00pm – 4.00pm</b>            Enjoy yoga followed by music, entertainment and refreshments with our Asian group. All welcome.  <b>£2.00</b></p>
<p><b>BINGO 1.15pm – 2.30pm</b>            Legs 11, 2 fat ladies.... forget Gala join our long running bingo club.  <b>50p a book</b></p>		

**GARDENING CLUB**

**We welcome all green fingered members who are interested in helping us build and maintain a hidden oasis.**