

At Age UK Hounslow we offer an extensive range of free and paid social, physical and educational activities.

The Southville Community Centre  
 Southville Road, Feltham, TW14 8AP  
 Tel: 0208 560 6969

Website: [www.ageuk.org.uk/hounslow](http://www.ageuk.org.uk/hounslow)

Email: [Info@ageukhounslow.org.uk](mailto:Info@ageukhounslow.org.uk)

Registered Charity Number: 1061681





**Vintage Club**

**Information**



**Line Dancing**



**Mind— Safe Space**



Hammersmith, Fulham, Ealing and Hounslow

**Bingo**



**Dementia Services**



**Stretch and Tone**




**Tai Chi & Chair Tai Chi**



**Befriending Service**




**Podiatry Service**



**Multicultural Groups**



**Zumba**



**Sit and Get Fit**



**Social Clubs**



**Wheelchair Hire**



**Yoga**



**Day Trips**



**Computer Training**



**Stretch & Tone**



**Sing your Heart Out**



**Awareness Talks**



**Sign Language**



**\*ALL THE ABOVE IS SUBJECT TO CHANGE**

We are open for activities and services on Monday—Wednesday, 10.00am—4.00pm.

With additional activities and services Thursday—Sunday. Our Café is open Monday—Wednesday 10.00am—3.00pm.

**Please call 0208 560 6969 for further information including times and pricing.**

We have space for Community Hire—Please contact us for further information.

### How to find us

