



EDWARD WOODS COMMUNITY CENTRE

ACTIVITY PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HALL	HALL	HALL	RM2	HALL
Breakfast Mornings 10:00-11.30am EVERY 2 WEEKS	Badminton 09:30 - 11.15am	Line Dancing 10:10 - 11.40am	Incredible Years 09:30 - 12.00pm UNTIL 25/06	Tabletennis 10:00 - 12.30pm
HALL	RM2/3 & HALL	RM2	RM1	RM2
Yoga 10:15-11.15am	Play & Learn and Family sport 10:00 - 12:15pm BABY MASSAGE UNTIL 7/7	Pilates 11:45 - 12.45pm	Craft Group 12:00 - 13.30pm	Hestia Art Support 12:15 - 14.45pm
HALL	RM1	HALL	HALL	HALL
Steady & Stable 14: 00-15:00pm	Bengali Women 11:15 - 13:15pm	Tea Dance 12:30 - 15.30pm	Iraqi Women 12:30 - 14.30pm	Street Elite 15:00 - 17.00pm
RM1	HALL	RM1	RM2	RM1
Music School 17:00-18:00pm	Beginners Ballroom 12:45 - 14:45pm	Pamodzi 13:00 - 17:00pm	Chair Exercise 13:30 - 14.30pm	Music School 16:00 - 17.00pm
RM2	RM2	RM2	HALL	HALL
Farsi NA 18: 15- 20:30pm	Watercolor Class 13:00 - 14:30pm	One you wellbeing 13:00 - 20:30pm	Youth Club 16:00 - 20:00pm	Teakwondo 18:00 - 19:30pm
HALL	HALL		RM1	RM2
Tabletennis 18:30-20:30pm	Teakwondo 18:00 - 19:30pm		Music School 16:00 - 17.00pm	Farsi NA 19: 00 - 21:00pm
	PEACE GARDEN		RM2	
	Gardening 15:00 - 17:00pm		Women's NA 19:00 - 21.00pm	

RM1
 WARD COUNCILLOR
 19:00 - 20:00PM
 1ST THURSDAYS MONTHLY

HALL SUNDAY
 VARIOUS CHURCH GROUPS
 9:00AM - 17:00PM

COLOR CODE

-  CHILDREN & YOUNG PEOPLE
-  OVER 50'S
-  EVERYONE WELCOME
-  COMMUNITY AND SUPPORT GROUP
-  OUTREACH HEALTH TEAM

Activity Description

For all groups feel free to just turn up



Children & Young People and Parents

Play & Learn & Family Sport | Tue | 10-12:15pm | Free | age 0-5

A fun session for children encouraging exploration and creativity. No need to sign-up.

Sound steps Music School | Mon 17-18pm | Thu & Fri 4-5 | Free | age 5-13

Register with www.soundstepsmusic.co.uk. Providing graded fun piano/keyboard lessons for children in groups.

Original Club Taekwondo | Tue | 18-19:30pm | Mixed age group

Contact: 0795 7282 541 for bookings.

Youth Club | Thu | 16-20pm | Free | age 10-18

a space for young people to relax and unwind.

Incredible years | Thu | 09:30-12pm | Free | age (available until 25th June)

Baby Massage | Tue | 13:30-14:30pm | £10 (5 sessions) | 4-6-month old

Contact in Monika advance: 0207 605 0800 or email: monika@upg.org.uk

Sleep Workshop | Tue 09th Jun - 7th Jul | Free | Under 12th Month

Contact Marina 077 4075 2679 or email: marina@upg.org.uk

Over 50's

Yoga | Mon | 10:15-11:15am | £1 | 50+ | Open age

Steady & Stable | Mon | 13-17pm | 50+ | Open age | GP referral program

Exercise sessions design to improve balance strength and confidence, helping to reduce the risk of falls.

Badminton | Tue | 9:30-11:15am | £2 | 50+

Beginners Ballroom Class | Tue | 12:45-14:45pm | £6 | All ages

Watercolor Class | Tuesdays | 13- 14:30pm | Free | Open age

Pilates | Wed | 12:15-13:15pm | £5 | All ages

Chair Exercise | Thu | 13:30-14:30pm | Free | 50+ | Open age

Gentle seated exercises to improve strength flexibility, balance and overall wellbeing.

Everyone welcome

Community Breakfast Mornings | Mon | every 2 weeks | 10-11:30am | Free | Everyone

Every 2 weeks starting from 8th June

Table Tennis | Mon | 18:30-20:30pm | £2 | Over 16

Line Dance | Wed | 10:10-11:40am | £4 | All Ages

A fun and social way to stay active while learning choreographed dance routines.

Tea Dance | Wed | 12:30-15:30pm | £6 | All ages

Ballroom dancing and socializing in a welcoming community setting. Teas and cakes provided.

Craft Group | Thu | 12-13:30pm | Free | all age (tea and coffee provided)

Gardening | Tue | 15-17pm | Free | all ages (tea and coffee provided)

Community & Support Groups

Pamodzi | Wed | 13- 17pm | Free | 18 + (women only)

Street Elite | Fri | 15-17pm | Free | 18 - 25 (women only)

Bengali Women | Tues | 11-13pm | Free | All ages

Iraqi Women | Thu | 12:30-14:30pm | Free | All ages

Farsi FA | Mon | 18:15-20:30pm | Free (Farsi speaking only)

Women's NA | Thu | 19-21pm | Free | All ages

For more information please contact reception

Outreach Heath Team

Hestia Art Support | Fri | 12:15-14:45pm | Free | All ages

only for H&F and Fulham residents. A welcoming art group that uses creativity to support wellbeing, build confidence, and encourage connection in safe and supportive environment.

www.hestia.org/art-relaxation

One You wellbeing | Wed | 13-20:30pm | All ages

Register at www.oneyoukcw.co.uk or call 0808 1756 385