

# Regular Activities

For more information visit [richmondrencap.org.uk/events](http://richmondrencap.org.uk/events)

| MONDAYS  | TUESDAYS  |
|--|---|
| <p><b>10AM-12PM: <a href="#">ChattaBox (@ United Response)</a></b><br/>Social tea and coffee morning. £3 020 3737 0601</p> <p><b>4.30PM-5.30PM: <a href="#">Dramatize Theatre School: Acting (@ Ashford Recreation Ground)</a></b> £5 07912 183085</p> <p><b>5.30PM-6.30PM: <a href="#">Dramatize Theatre School: Dance (@ Ashford Recreation Ground)</a></b> £5 07912 183085</p> <p><b>5.30PM-6.30PM: <a href="#">RHLT Picture Bingo (@ Cabbage Patch Pub)</a></b> £7 020 8977 5447</p> <p><b>5.45PM-7PM: <a href="#">RISE Fusion Dance &amp; Drama (@ Hampton Fitness Centre)</a></b> £3 020 8831 6134</p> <p><b>7PM-9PM: <a href="#">RHLT Pub Night (@ Cabbage Patch Pub)</a></b><br/>Fun and socialising £2.50 020 8977 5447</p> | <p><b>2PM-4PM: <a href="#">RHLT Cover To Cover Book Club (@ Cabbage Patch Pub)</a></b> £12 020 8977 5447</p> <p><b>2PM-4PM: <a href="#">Computer Club (@ St Mary's Church, Mortlake)</a></b> Free 020 8487 5500</p> <p><b>2.30PM-4PM: <a href="#">RISE Swim (@ Teddington Pools &amp; Fitness Centre)</a></b> £1 020 8831 6133</p> <p><b>6.30PM-8.30PM: <a href="#">Limitless Adult Hub (@ Whitton Youth Zone)</a></b> 18+ youth club. £5 07946 897995</p> <p><b>7PM-9PM: <a href="#">Richmond Gateway Club (@ Linden Hall, Hampton)</a></b> Leisure and social club for ages 18+. £2.50 020 8392 6383</p>  |
| WEDNESDAYS   | THURSDAYS   |
| <p><b>9.45AM-10.30AM: <a href="#">Karate (@ United Response)</a></b><br/>£10 020 3737 0601</p> <p><b>10AM-12.45PM: <a href="#">RHLT DanceAct (@ Landmark Arts Centre)</a></b> Dance group £20 020 8977 5447</p> <p><b>1PM-3PM: <a href="#">Crafty Minds (@ Vinyard Community Centre, Richmond)</a></b> Craft group. 07827 491325</p> <p><b>2PM-3PM: <a href="#">Circuit Squad (@ Better Gym, Teddington)</a></b> Fun fitness activities. £10 3737 0601</p> <p><b>4.30PM-6PM: <a href="#">Dramatize Creative Movement (@ Ashford Recreation Ground)</a></b> £10 07912 183085</p> <p><b>5.30PM-8.30PM: <a href="#">Meeting Place (@ Various)</a></b> A social group. £2+ 020 8744 1923</p>   | <p><b>12.30PM-2PM: <a href="#">The Job Club</a></b> 020 8744 1923</p> <p><b>12.30PM-2PM: <a href="#">RHLT Drop-in (@ The People Hive)</a></b></p> <p><b>2PM-3PM: <a href="#">Yoga (@ United Response)</a></b> For any age, gender or level of fitness. £10 020 3737 0601</p> <p><b>4.30PM-6PM: <a href="#">Something to Say (@ Richmond Theatre)</a></b> Dance and drama group. 020 8744 1923</p> <p><b>5PM-6PM: <a href="#">Dramatize Physical Theatre (@ Twickenham Exchange Theatre)</a></b> £10 07912 183085</p> <p><b>5.30PM-8.30PM: <a href="#">RHLT Film Club (@ Cabbage Patch Pub)</a></b> £12 020 8977 5447</p> <p><b>6.30PM-8.30PM: <a href="#">RHLT Games &amp; Dinner (@ The Adelaide Pub)</a></b> £5 020 8977 5447</p>               |
| FRIDAYS  | SATURDAYS   |
| <p><b>11AM-1PM: <a href="#">Friday Friendship Club (@ United Reformed Church, New Malden)</a></b> Art based social club. £10 020 8547 3777</p> <p><b>12.30PM-3PM: <a href="#">Learn 2 Cook (@ St Mary's Parish Hall)</a></b> Cooking and social group. £10 3737 0601</p> <p><b>3.45PM-5PM: <a href="#">The Chirpy Cheeps (@ Elleray Hall, Teddington)</a></b> Singing group. £1 07906 277849</p> <p><b>7.30PM-9.30PM: <a href="#">TAG Youth Club (@ Ham Youth Centre)</a></b> Club for ages 15-25. £5 07557 397934</p>   | <p><b>10AM-12PM: <a href="#">RHLT Mini River Ramble</a></b> £5 8977 5447</p> <p><b>10AM-2PM: <a href="#">RHLT Ramblers Club</a></b> £15 8977 5447</p> <p><b>10.30AM-11.30AM: <a href="#">RISE Multi Sports (@ Hampton Sports Centre)</a></b> £5.40 8831 6133</p> <p><b>11.30AM-12.30PM: <a href="#">RISE Trampoline (@ Whitton Sports &amp; Fitness Centre)</a></b> £6.10 020 8831 6133</p> <p><b>11.30AM-1PM: <a href="#">RISE Football (@ Shene Sports &amp; Fitness Centre)</a></b> £5 020 8831 6133</p> <p><b>12.30PM-2PM: <a href="#">RHLT Lunch Club (@ Twickenham)</a></b><br/>Meet at friendly pub. £30 020 8977 5447</p> <p><b>7PM-9PM: <a href="#">RHLT Evening Diner's Club (@ Twickenham)</a></b> Try new food! £30 020 8977 5447</p> |
| SUNDAYS  |   |
| <p><b>11.15AM: <a href="#">Dimensions Autism Friendly Film Screenings (@ Odeon Richmond)</a></b> 0800 138 3315</p> <p><b>11.30AM-4PM: <a href="#">Activity Station Activities (@ OSO Arts Centre, Barnes)</a></b> <a href="http://www.activitystation.org.uk">www.activitystation.org.uk</a></p>   |   |

Including events and activities organised by

