

Regular Activities

For more information visit richmondmencap.org.uk/events

MONDAYS	TUESDAYS
<p>10AM-12PM: RHLT Puzzles & Games (@ Whitton Community Centre) £5 020 8977 5447</p> <p>5.30PM-6.30PM: RHLT Picture Bingo (@ Cabbage Patch Pub) £7 020 8977 5447</p> <p>5.45PM-7PM: RISE Fusion Dance (@ Hampton Fitness Centre) £3 020 8831 6134</p> <p>7PM-9PM: RHLT Pub Night (@ Cabbage Patch Pub) Fun and socialising £2.50 020 8977 5447</p>	<p>2PM-4PM: RHLT Cover To Cover Book Club (@ Cabbage Patch Pub) £12 020 8977 5447</p> <p>2PM-4PM: Computer Club (@ St Mary's Church, Mortlake) Free 020 8487 5500</p> <p>6PM-8PM: Tuesday Group (@ Enterprise, Rowan House, Field Lane) Social group £3 020 3737 0601</p> <p>6.30PM-8.30PM: Limitless Adult Hub (@ Whitton Youth Zone) 18+ youth club. £5 07946 897995</p> <p>7PM-9PM: Richmond Gateway Club (@ Linden Hall, Hampton) Leisure and social club for ages 18+. £2.50 020 8392 6383</p>
WEDNESDAYS	THURSDAYS
<p>9.45AM-10.30AM: Karate (@ Enterprise, Rowan House, Field Lane) £10 020 3737 0601</p> <p>10AM-12.45PM: RHLT DanceAct (@ Landmark Arts Centre) Dance group £20 020 8977 5447</p> <p>1PM-3PM: Crafty Minds (@ Vinyard Community Centre, Richmond) Craft group. 07827 491325</p> <p>2PM-4PM: RHLT Wellbeing Drop-in (@ The People Hive) £2. 020 8977 5447</p> <p>5.30PM-8.30PM: Meeting Place (@ Various) A social group. £2+ 020 8744 1923</p>	<p>12.30PM-2PM: The Job Club 020 8744 1923</p> <p>1PM-3PM: Yoga (@ Rowan House, Field Lane) Any age, gender or level of fitness. £10 020 3737 0601</p> <p>4.30PM-6PM: Something to Say (@ Richmond Theatre) Dance and drama group. 020 8744 1923</p> <p>5PM-6PM: Dramatize Physical Theatre (@ Twickenham Exchange Theatre) £13 07912 183085</p> <p>5.30PM-8.30PM: RHLT Film Club (@ Cabbage Patch Pub) £12 020 8977 5447</p> <p>6.30PM-8.30PM: RHLT Games & Dinner (@ The Adelaide Pub) £5 020 8977 5447</p>
FRIDAYS	SATURDAYS
<p>10AM-12PM: Art 4 All (@ Enterprise, Rowan House, Field Lane) £10 020 3737 0601</p> <p>11AM-1PM: Friday Friendship Club (@ United Reformed Church, New Malden) Art based social club. £10 020 8547 3777</p> <p>3.45PM-5PM: The Chirpy Cheeps (@ Elleray Hall, Teddington) Singing group. £1 07906 277849</p> <p>7.30PM-9.30PM: TAG Youth Club (@ Ham Youth Centre) Club for ages 15-25. £5 07557 397934</p>	<p>10AM-12PM: RHLT Mini River Ramble £5 8977 5447</p> <p>10AM-2PM: RHLT Ramblers Club £15 8977 5447</p> <p>10.30AM-11.30AM: RISE Multi Sports (@ Hampton Sports Centre) £5.40 8831 6133</p> <p>11.30AM-12.30PM: RISE Trampoline (@ Whitton Sports & Fitness Centre) £6.10 020 8831 6133</p> <p>11.30AM-1PM: RISE Football (@ Shene Sports & Fitness Centre) £5 020 8831 6133</p> <p>12.30PM-2PM: RHLT Lunch Club (@ Twickenham) Meet at friendly pub. £30 020 8977 5447</p> <p>7PM-9PM: RHLT Evening Diner's Club (@ Twickenham) Try new food! £30 020 8977 5447</p>
SUNDAYS	
<p>11.15AM: Dimensions Autism Friendly Film Screenings (@ Odeon Richmond) 0800 138 3315</p> <p>11.30AM-4PM: Activity Station Activities (@ OSO Arts Centre, Barnes) www.activitystation.org.uk</p>	

Including events and activities organised by

