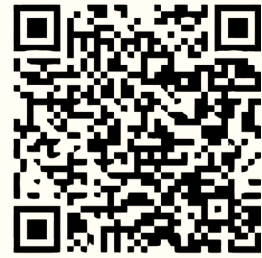


Hounslow Wellbeing Network



Member Form

Belong. Breathe. Become...

FREE

January 2026 Schedule









We build a comfortable and inclusive space where members in our community can come together and engage in a range of social and physical activities, while building positive relationships with each other.











Email: hello@wellbeinghounslow.co.uk
Number: 074667 36718



January Weekly Events

MON 5th, 12th 19th, 26th	COFFEE AND CHAT (10 AM - 12 PM) Potting Shed Cafe, Boston Manor Park	
MON 5th, 12th 19th, 26th	BEANT'S WOMEN TALKING GROUP (1 PM - 2:30 PM) Arts Centre Hounslow	
MON 12th 19th, 26th	Reserve CHAIR FITNESS (2 PM - 2:45 PM) Arts Centre Hounslow	
TUE 6th, 13th 20th, 27th	Reserve ZUMBA EXERCISE 1 (10 AM - 10:45 AM) Arts Centre Hounslow	
TUE 6th, 13th 20th, 27th	Reserve ZUMBA EXERCISE 2 (10:50 AM - 11:35 AM) Arts Centre Hounslow	
WED 7th, 14th 21st, 28th	Reserve BOLLYWOOD DANCING (1:15 PM - 2 PM) Arts Centre Hounslow	
WED 7th, 14th 21st, 28th	STEPPING STONES CAFE (11 AM - 3 PM) Arts Centre Hounslow	
WED 7th, 14th 21st, 28th	ART WITH US (2 PM - 3 PM) Arts Centre Hounslow	
WED 7th, 14th 21st, 28th	Reserve YOGA AND MEDITATION (3:30 PM - 4:30 PM) Arts Centre Hounslow	

January Weekly Events

THU 8th, 15th 22nd, 29th	ENGLISH CLASSES (10 AM - 11:30 AM) Arts Centre Hounslow	
THU 8th, 15th 22nd, 29th	COFFEE AND CHAT (11 AM - 1 PM) Arts Centre Hounslow	
THU 8th, 15th 22nd, 29th	BEANT'S KNIT AND CROCHET (1 PM - 3 PM) Arts Centre Hounslow	
THU 8th, 15th 22nd, 29th	QUIZ HOUR (2 PM - 3 PM) Arts Centre Hounslow	
FRI 9th, 16th 23rd, 30th	MUSIC AND CHAT (12 PM - 1 PM) Arts Centre Hounslow	
FRI 9th, 16th 23rd, 30th	FITNESS CLASSES (12:30 PM - 1:30 PM) Potting Shed Cafe, Boston Manor Park	
SUN 11th, 18th, 25th	ART AND CRAFT (12:30 PM - 1:30 PM) Arts Centre Hounslow	
SUN 11th, 18th, 25th	GAMES AFTERNOON (1:30 PM - 2:30 PM) Arts Centre Hounslow	

Special Events!

FRI

2 - 4 pm

MOVIE AFTERNOONS: BRING YOUR FRIENDS
AND FAMILY! WE WELCOME ALL AGES

16th: MURDER MYSTERY

30th: DASVI (HINDI)

**Please reach out to us a
week in advance to book
your space via**



**Arts
Centre**

**Join our
WhatsApp Group**



How To Get To Some Of The Spaces?

For Boston Manor:

Meet at the Boston Manor House Cafe by the main Car park (Bus E8 or 195)

For Chiswick House and Gardens:

Bus 190 and E3 will drop off at the closest bus stations. Turnham Green is the closest Tube Station. The public car park is located 5 minutes from the venue.