

Harris Centre – Activities
51 Lanark Road, Maida Vale, W9 1DE
Tel - 020 3370 3035

The Club is open 9am – 5pm for 50plus people to use informally. In addition we have a structured programme of activities taking place as shown below.

Time/Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	<p>Barber Every Fortnight (booking required)</p>	<p>Exploring Music 10:30am to 12:30pm (term time only)</p>	<p>Hairdresser Every Wednesday (booking required)</p>	<p>Art 10am to 12noon (term time only)</p>	<p>Flexi Computer Course 10am to 12noon £1/hour through Reaching U</p>
	<p>Lunch 12:30pm (to guarantee lunch, please book by 10am on the day)</p>	<p>Lunch 12:30pm (to guarantee lunch, please book by 10am on the day)</p>	<p>Lunch 12:30pm (to guarantee lunch, please book by 10am on the day)</p>	<p>Lunch 12:30pm (to guarantee lunch, please book by 10am on the day)</p>	<p>Lunch 12:30pm (to guarantee lunch, please book by 10am on the day)</p>
PM		<p>Ballroom & Latin Dance 1:15pm to 2:15pm £1/hour through Reaching U</p>	<p>Bingo 1:30pm to 2pm</p>	<p>Movement & Exercise 1:30pm to 3pm (term time only)</p>	<p>Bingo 1:30pm to 2pm</p>