

All sessions are free, and you do not have to book, but you will be asked to register on arrival.	<p style="text-align: center;">STROLL, CHAT AND CUPPA PROGRAMME Summer / Autumn 2019</p> 	
Date	Theme	Where
May		
21 st 11.00-1pm	Dementia Awareness Week Dementia Friendly Walk	Inwood Park
28 th 11.00-1pm	Treasure Hunt	Inwood Park
June		
4 th 11.00-1pm	Tai chi with Alan Winner Academy	Heston Park
11 th 11.00-1pm	Together	Inwood Park
25 th 11.00-1pm	Butterflies and bees	Heston Park
July		
2 nd 11.00-1pm	Butterflies and bees	Inwood Park
9 th 11.00-1pm	Together	Heston Park
16 th 11.00-1pm	Natures Music	Inwood Park
23 rd 11.00-1pm	Natures Music	Heston Park
30 th 11.00-1pm	Tai chi with Alan Winner Academy	Inwood Park
August		
6 th 11.00-1pm	Somewhere special	
20 th 11.00-1pm	Somewhere special	
September		
10 th 11.00-1pm	Mindful walking	Heston Park
17 th 11.00-1pm	Mindful Walking	Inwood Park
24 th 11.00-1pm	Late summer flowers and grass id	Heston Park
October		
1 st 11.00-1pm	Late summer flowers and grass id	Inwood Park
8 th 11.00-1pm	Your choice	Heston Park
15 th 11.00-1pm	Your choice	Inwood Park
<p>FOR FURTHER DETAILS SEE www.lgoal.org or email outdoor.learning@outlook.com.</p> <p>You can phone Mairi 07939001731 or Frances 020 8401 6837</p> <p>All sessions are free and accessible. Meet at the park and look for the flag</p> <p>Meeting place in Inwood Park is near the entrance off Inwood Road, Hounslow.</p> <p>Meeting place at Heston Park is beside the outdoor gym equipment</p>		



London Borough
of Hounslow



WE WANT TO TAKE YOU OUTSIDE FOR

A STROLL
A **CUPPA** &
a chat

SEE SOMETHING NEW ON YOUR DOORSTEP, AWAKEN
YOUR SENSES AND MEET NEW FRIENDS IN THE PARK!

IT'S FREE SO COME ALONG AND JOIN IN

CIC REG NO. 9435120

CONTACT 020 8401 6837

WWW.LGOAL.ORG