

Monday

Tuesday

Wednesday

Thursday

Friday

Sunday

Curling & Boccia

10.30am-12.30pm



Bingo

10.30-11.30am



Karaoke

11.30am-12.30pm



Arts & Crafts

10.30am-11.30am

Karaoke

11.30am-12.30pm



Golf

10.30-11.30am



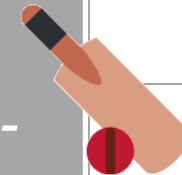
Keep Fit

11.30am-12.30pm

Multisports at Uxbridge College

£2

10.00am-12.00pm



Lunch 12.30-1.00pm

Multisports

1.00pm-3.00pm



Seated Football

1.30-2.30pm

Puppet Workshop

2.30-3.00pm

Football

£2

5.30-6.30pm Ruislip Goals



Zumba

12.30-1.15pm

Yoga

1.15-2.00pm

Multisports

2.00pm-4.00pm

Line

Dancing

1.30-2.30pm

Bowling

2.30-3.00pm



Karaoke

1.00-2.00pm

Tennis

2.00-3.00pm



Sunday Club

£5

1.00-3.30pm Ruislip Young Peoples' Centre



These sessions provide a fun and safe environment to socialise with your friends, learn new skills and take part in a wide variety of activities.

Although there is a timetable of activities, our sessions are not limited to these and additional sessions will be running alongside.

The activities cost:  
£2.50 - 10.30am-1pm  
£2.50 - 1pm-4pm  
(unless otherwise stated)

#### Introducing DASH

DASH challenges peoples perceptions and encourages disabled people of all ages to reach their full potential. We provide advice, support and activities that allow disabled people to take control of their lives and become more independent, confident and part of the community. DASH is an inclusive organisation and promotes independence to every individual.

"DASH strives to empower, inspire and motivate disabled people of any age to reach their full potential every day and in every situation. We promote equal opportunity for all disabled people in the London Borough of Hillingdon and surrounding areas"

*Angela Wegener - Chief Officer DASH*



# DASH ACTIVITY TIMETABLE

Unless otherwise stated all sessions are located in The Hub.

Venues:

**The Hub**, The Pavilions Shopping Centre, 1 Crowne Walk, Uxbridge, UB8 1LN

**Ruislip Goals**, Victoria Road, Ruislip, HA4 0JE

**Ruislip Young Peoples' Centre**, Bury Street, Ruislip, HA4 7SX

**Uxbridge College Sports Hall**, Park Road, Uxbridge, UB8 1NQ

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