



May	Day	Time	Event	Cost	
1	Mon	CLOSED			
2	Tue	13:00-15:00	Tech Training	Free	
3	Wed	14:30-16:30	Garden at Your Own Pace	Free	
		13:00-15:00	Art Club	Free	
4	Thu	11:00-13:00	Tech and Tea @ Castlebar, TW11 8HA	Free	
5	Fri	09:45-13:00	History Hikes - Hampton Court	Free	

8	Mon	CLOSED			
9	Tue	13:00-15:00	Tech Training	Free	
10	Wed	14:30-16:30	Garden at Your Own Pace	Free	
		13:00-15:00	Art Club	Free	
11	Thu	11:00-13:00	Tech and Tea @ Castlebar, TW11 8HA	Free	
12	Fri	09:45-12:00	Soup and Stroll	Free	

National Mental Health Awareness Week

15	Mon	----	Coffee Morning – SOLD OUT!	----
		12:00-13:00	Reading for Resilience – Book Club	Free
		14:00-15:30	Happy Hobbies	Free
16	Tue	13:00-15:00	Tech Training – Tech for wellness	Free
17	Wed	14:30-16:30	Green Teams – Garden Together	Free
17	Wed	13:00-15:00	Art Club – Artful minds	Free
18	Thu	11:00-13:00	Tech and Tea @ Castlebar, TW11 8HA	Free
19	Fri	10:45-13:00	Wellbeing Walk - Hampton Court *Book Now*	Free

22	Mon	----	Coffee Morning – SOLD OUT!	----
		14:00-15:30	Hobby Corner	Free
		----	PAYMENT DEADLINE FOR BOWLING	----
23	Tue	13:00-15:00	Tech Training	Free
24	Wed	14:30-16:30	Garden at Your Own Pace	Free
		13:00-15:00	Art Club	Free
25	Thu	11:00-13:00	Tech and Tea @ Castlebar, TW11 8HA	Free
		---	Reel Cinema Talks - The Italian Job *Book Now*	Free
26	Fri	10:00-13:00	IT Doctor	Free

29	Mon	CLOSED			
30	Tue	10:00-12:00	Bowling @ Tenpin Kingston	£4.28	
		13:00-15:00	Tech Training	Free	
31	Wed	14:30-16:30	Garden at Your Own Pace	Free	

Event	More Info
Art Club	Express your creativity, make collages, do some painting, or relax with some mindfulness colouring.
Bowling	@ Kingston Tenpin [KT1 1QJ]. Spaces limited! Pre-pay to reserve your spot by the May 22nd . Speak to Josh for more details.
Garden at Your Own Pace	Accessible gardening at your own pace. Speak to our Spade Coordinator Sara for details. s.noble@richmondaid.org.uk
Guided Reading	Come together as a social group as we read through and discuss a wide range of books and literature.
History Hikes - Hampton Court	Visit London's Historic Royal Palaces as we partner with the Community Access Scheme! Free access to sites across London.
Hobby Corner	Join us and learn a new hobby or work on a personal project.
IT Doctor	30 minute 1-to-1 tech support. To Book email: connectotech@richmondaid.org.uk
Reel Cinema Talks	A short talk on the history and backstory of a film that will then be shown. This Month: The Italian Job (1969)
Soup and Stroll	Set out from Richmond AID into the local surrounding parks and eventually make your way back to the DAAC for tea coffee and a cup'a'soup.
Tech and Tea	Any and all topics, helping each other in a friendly group setting.
Tech Training	1-hour on a tech topic followed by 1-hour workshop, helping each other in a friendly group setting.

All events held at Richmond AID The DAAC, 4 Waldegrave Road, Teddington TW11 8HT unless otherwise stated.

Please contact Josh: j.fisher@richmondaid.org.uk or **07927550774** – for more information, enquires and your access needs.