

Elmbridge Centres for the Community

# activities programme

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## w/c 24 June 2024

Our Centres for the Community offer a warm welcome and a place where members can enjoy a range of activities and services.

Centres are open on Mondays, Tuesdays, Thursdays and Fridays. from **10am-3pm**.

All Centres offer lunch from 12 noon to 1pm, except for the Community Café at Hersham Centre which offers a selection of meals throughout the day, Claygate Centre which offers a tea bar service on Tuesdays.

Please note all hair, beauty and podiatry services are by appointment only. Contact your local Centre to make a booking.

You can find details of all our Centres for the Community at [elmbridge.gov.uk/centres](http://elmbridge.gov.uk/centres)

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## Monday 24 June

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Café Breakfast</b>	10am-11am	Hersham
<b>Seated exercise class 1</b>	10am-11am	Walton
<b>Citizens Advice older people's advice drop-in</b>	10am-12noon	Weybridge
<b>Games</b>	10am-12noon	Weybridge
<b>Knit and Knatter</b>	10am-12noon	Cobham

<b>Reflexology</b>	10am-2pm	Claygate
<b>Bridge</b>	10am-12noon	Molesey
<b>Stroke group</b>	10am-12noon	Walton
<b>Acupuncture</b>	10am-1pm	Cobham
<b>Reflexology</b>	10am-2pm	Walton
<b>Tea Bar</b>	10am-2.30pm	All Centres
<b>Beautician</b>	10am-3pm	Molesey
<b>Gym</b>	10am-3pm	Cobham
<b>Hairdressing</b>	10am-3pm	Walton, Weybridge
<b>Foot care</b>	10am-3pm	Cobham
<b>Chair Yoga</b>	10.30am-11.30am	Claygate
<b>Parkinsons support Group</b>	10.30am-2.30pm	Claygate
<b>Chair Yoga</b>	11am-12noon	Cobham
<b>Seated exercise</b>	11am-11.30am	Weybridge
<b>Chair-based exercise</b>	11am-11.45am	Molesey
<b>Seated exercise class 2</b>	11am-12noon	Walton
<b>Café Lunch</b>	11.30am-1pm	Hersham
<b>Bingo</b>	1pm-2pm	Weybridge
<b>Zumba</b>	1pm-2pm	Molesey
<b>Bingo</b>	1.15pm-2.15pm	Claygate
<b>Table Tennis</b>	1.15pm-2.15pm	Claygate
<b>Bingo</b>	1.30pm-2.30pm	Hersham
<b>Grans Coffee Club</b>	1.30pm-3pm	Weybridge
<b>TALK Aphasia Group</b>	1.45pm-3.45pm	Walton
<b>Table Tennis (advanced)</b>	2.15pm-3pm	Claygate
<b>Seated exercise class</b>	2.15pm-3pm	Hersham

## Tuesday 25 June

<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Foot Care</b>	9.30am-12.30pm	Weybridge
<b>Café Breakfast</b>	10am-11am	Hersham
<b>Gym Circuits Class</b>	10am-11am	Cobham
<b>German Speaking Group</b>	10am-11.30am	Hersham
<b>Bridge</b>	10am-12noon	Hersham
<b>Scrabble</b>	10am-12noon	Hersham
<b>Tea Bar</b>	10am-1.30pm	Hersham
<b>Social prescribing</b>	10am -2pm	Cobham
<b>Tea bar</b>	10am-2.30pm	Claygate, Cobham, Molesey, Walton, Weybridge
<b>Dementia Social Club</b>	10am-3pm	Claygate
<b>Clothes Rail</b>	10am-3pm	Molesey
<b>Foot Care</b>	10am-3pm	Claygate
<b>Hairdressing</b>	10am-3pm	Hersham
<b>Canasta</b>	10.15am-12.15pm	Walton
<b>Flower arranging</b>	10.30am-11.45am	Cobham
<b>Quiz</b>	11am-11.30am	Molesey
<b>Chair yoga</b>	11am-12noon	Cobham
<b>Gym</b>	11.15am-3pm	Cobham
<b>Café Lunch</b>	11.30am-1pm	Hersham
<b>Knit and sew circle</b>	1pm-2.50pm	Molesey
<b>Pump-it weightlifting class</b>	12.30pm-1.15pm	Cobham
<b>Bingo</b>	1pm-1.45pm	Walton
<b>Yoga</b>	1pm-2pm	Molesey

<b>Art Group</b>	1pm-3pm	Weybridge
<b>Quiz</b>	1.15pm-2.15pm	Claygate
<b>Quiz and Bingo</b>	1pm-2pm	Cobham
<b>Bridge</b>	1pm-3pm	Walton
<b>Zumba</b>	1.30pm-2.30pm	Hersham
<b>Cobham Voices Community Choir</b>	1.45pm-2.45pm	Cobham
<b>Pilates</b>	2.10pm-2.55pm	Walton

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## Thursday 27 June

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Foot Clinic</b>	9.30am-3pm	Hersham
<b>Café Breakfast</b>	10am-11am	Hersham
<b>Art Club</b>	10am-11.30am	Walton
<b>Friendship Group</b>	10am-12noon	Hersham
<b>Knit and Natter</b>	10am-12noon	Hersham
<b>Chess Club</b>	10am-12.30pm	Hersham
<b>Podiatry</b>	10am-2pm	Walton
<b>Beauty services</b>	10am-2pm	Claygate
<b>Hairdressing</b>	10am-2pm	Claygate, Molesey
<b>Tea bar</b>	10am-2.30pm	All Centres
<b>Gym</b>	10am-3pm	Cobham
<b>Chair based exercise</b>	10.15am-11.15am	Claygate
<b>Yoga</b>	10.15am-11.15am	Walton
<b>Creative session</b>	10.30am-11.30am	Cobham
<b>Jazz concert</b>	10.30am-11.30am	Walton
<b>Mat Yoga</b>	11am-12noon	Cobham
<b>Café Lunch</b>	11.30am-1pm	Hersham

<b>Special Lunch with live entertainment</b>	12noon-2.15pm	Molesey
<b>Elmbridge CAN Refugee Support Group</b>	12noon-2.30pm	Walton
<b>Bingo</b>	1pm-2pm	Cobham
<b>Games Afternoon</b>	1.15pm-2.15pm	Claygate
<b>Circuits class</b>	1.30pm-2.30pm	Walton

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## Friday 28 June

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Foot Clinic</b>	9.30am-3pm	Hersham
<b>Café Breakfast</b>	10am-11am	Hersham
<b>Chelsea FC exercise class</b>	10am-11am	Cobham
<b>Games</b>	10am-11am	Molesey
<b>Elmbridge CAN ESOL class</b>	10am-11.30am	Walton
<b>Creative sewing</b>	10am-12noon	Cobham
<b>Hairdressing</b>	10am-2pm	Claygate, Molesey, Walton, Weybridge
<b>Dementia Social Club</b>	10am-3pm	Claygate
<b>Foot Care</b>	10am-3pm	Claygate
<b>Hairdressing</b>	10am-3pm	Hersham
<b>Tea bar</b>	10am-2.30pm	All Centres
<b>Arts and Crafts</b>	10.15am-11.15am	Claygate
<b>Flower Arranging</b>	10.15am-11.30am	Hersham
<b>Tai Chi</b>	10.45am-11.45am	Molesey
<b>Table Tennis</b>	11am-12noon	Cobham
<b>Gym</b>	11.15am-2.30pm	Cobham

<b>Café Lunch</b>	11.30am-1pm	Hersham
<b>Tai Chi</b>	12.30pm-1.30pm	Molesey
<b>Bingo</b>	1pm-1.45pm	Walton
<b>Bingo</b>	1pm-2pm	Weybridge
<b>Knit and Natter</b>	1.15pm-2.15pm	Claygate
<b>iPad class</b>	1pm-2.55pm	Molesey
<b>Afternoon Entertainment – Piano Concert</b>	1.15pm-2.15pm	Hersham
<b>Tai Chi</b>	2.30pm-3.30pm	Walton