

Elmbridge Centres for the Community

activities programme

w/c 29 July 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

Monday 29 July

Activity	Time	Location
Café Breakfast	10am-11am	Hersham
Seated exercise class 1	10am-11am	Walton
Games	10am-12noon	Weybridge
Knit and Knatter	10am-12noon	Cobham
Reflexology	10am-2pm	Claygate
Bridge	10am-12noon	Molesey
Stroke group	10am-12noon	Walton

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

Tuesday 30 July

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

Quiz and Bingo	1pm-2pm	Cobham
Bridge	1pm-3pm	Walton
Zumba	1.30pm-2.30pm	Hersham
Pilates	2.10pm-2.55pm	Walton

Thursday 1 August

Activity	Time	Location
Foot Clinic	9.30am-3pm	Hersham
Café Breakfast	10am-11am	Hersham
Art Club	10am-11.30am	Walton
Friendship Group	10am-12noon	Hersham
Knit and Natter	10am-12noon	Hersham
Chess Club	10am-12.30pm	Hersham
Podiatry	10am-2pm	Walton
Beauty services	10am-2pm	Claygate
Hairdressing	10am-2pm	Claygate, Molesey
Tea bar	10am-2.30pm	All Centres
Gym	10am-3pm	Cobham
Chair based exercise	10.15am-11.15am	Claygate
Yoga	10.15am-11.15am	Walton
Creative session	10.30am-11.30am	Cobham
Mat Yoga	11am-12noon	Cobham
Café Lunch	11.30am-1pm	Hersham
Sandwich café	11.30am-1pm	Molesey
Elmbridge CAN Refugee Support Group	12noon-2.30pm	Walton
Bingo	1pm-2pm	Cobham
Music Session	1.15pm-2pm	Hersham

Afternoon Entertainment	1.15pm-2.15pm	Claygate
Strength and balance class	1.30pm-2.30pm	Walton

Friday 2 August

Activity	Time	Location
Foot Clinic	9.30am-3pm	Hersham
Café Breakfast	10am-11am	Hersham
Chelsea FC exercise class	10am-11am	Cobham
Games	10am-11am	Molesey
Elmbridge CAN ESOL class	10am-11.30am	Walton
Creative sewing	10am-12noon	Cobham
Hairdressing	10am-2pm	Claygate, Molesey, Walton, Weybridge
Dementia Social Club	10am-3pm	Claygate
Foot Care	10am-3pm	Claygate
Hairdressing	10am-3pm	Hersham
Tea bar	10am-2.30pm	All Centres
Arts and Crafts	10.15am-11.15am	Claygate
Quiz	10.15am-11.30am	Hersham
Tai Chi	10.45am-11.45am	Molesey
Chair Yoga	11am-12noon	Cobham
Table Tennis	11am-12noon	Cobham
Gym	11.15am-2.30pm	Cobham
Café Lunch	11.30am-1pm	Hersham
Tai Chi	12.30pm-1.30pm	Molesey

Bingo	1pm-1.45pm	Walton
Bingo	1pm-2pm	Weybridge
Knit and Natter	1.15pm-2.15pm	Claygate
iPad class	1pm-2.55pm	Molesey
Tai Chi	2.30pm-3.30pm	Walton