

Elmbridge Centres for the Community

activities programme

w/c 05 August 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**.

For the week of the 5 August, our Centres are enacting temporary closures as follows:

- Monday 5 August: Hersham and Cobham closed
- Tuesday 6 August : Weybridge and Claygate closed
- Thursday 8 August: Hersham and Molesey closed
- Friday 9 August: Cobham and Walton closed

All Centres will be open as normal from Monday 12 August.

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 05 August

Activity	Time	Location
Seated exercise class 1	10am-11am	Walton
Citizens Advice older people's advice drop-in	10am-12noon	Weybridge
Games	10am-12noon	Weybridge
Reflexology	10am-2pm	Claygate
Bridge	10am-12noon	Molesey
Stroke group	10am-12noon	Walton
Reflexology	10am-2pm	Walton
Tea Bar	10am-2.30pm	All Centres
Beautician	10am-3pm	Molesey
Hairdressing	10am-3pm	Walton
Chair Yoga	10.30am-11.30am	Claygate
Parkinsons support Group	10.30am-2.30pm	Claygate
Seated exercise	11am-11.30am	Weybridge
Chair-based exercise	11am-11.45am	Molesey
Seated exercise class 2	11am-12noon	Walton
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
Grans Coffee Club	1.30pm-3pm	Weybridge

TALK Aphasia Group	1.45pm-3.45pm	Walton
Table Tennis (advanced)	2.15pm-3pm	Claygate

Tuesday 06 August

Activity	Time	Location
Café Breakfast	10am-11am	Hersham
Gym Circuits Class	10am-11am	Cobham
German Speaking Group	10am-11.30am	Hersham
Bridge	10am-12noon	Hersham
Mah-jong	10am-12noon	Hersham
Tea Bar	10am-1.30pm	Hersham
Social prescribing	10am -2pm	Cobham
Tea bar	10am-2.30pm	Cobham, Molesey, Walton
Beautician	10am-3pm	Walton
Dementia Social Club	10am-3pm	Claygate
Clothes Rail	10am-3pm	Molesey
Hairdressing	10am-3pm	Hersham
Canasta	10.15am-12.15pm	Walton
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
Yoga	1pm-2pm	Molesey
Quiz and Bingo	1pm-2pm	Cobham
Bridge	1pm-3pm	Walton
Zumba	1.30pm-2.30pm	Hersham
Pilates	2.10pm-2.55pm	Walton

Thursday 08 August

Activity	Time	Location
Art Club	10am-11.30am	Walton
Games Session	10am-12pm	Weybridge
Podiatry	10am-2pm	Walton
Beauty services	10am-2pm	Claygate
Hairdressing	10am-2pm	Claygate
Tea bar	10am-2.30pm	Claygate, Cobham, Walton, Weybridge
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
Elmbridge CAN Refugee Support Group	12noon-2.30pm	Walton
Bingo	1pm-2pm	Cobham
Afternoon Entertainment – Harp Concert	1.15pm-2.15pm	Claygate

Circuits class	1.30pm-2.30pm	Walton
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Friday 09 August

Activity	Time	Location
Café Breakfast	10am-11am	Hersham
Games	10am-11am	Molesey
Hairdressing	10am-2pm	Claygate, Molesey, Weybridge
Dementia Social Club	10am-3pm	Claygate
Foot Care	10am-3pm	Claygate
Hairdressing	10am-3pm	Hersham
Tea bar	10am-2.30pm	Claygate, Hersham, Molesey, Weybridge
Arts and Crafts	10.15am-11.15am	Claygate
Tai Chi	10.45am-11.45am	Molesey
Café Lunch	11.30am-1pm	Hersham
Tai Chi	12.30pm-1.30pm	Molesey
Bingo	1pm-2pm	Weybridge
iPad class	1pm-2.55pm	Molesey
Knit and Natter	1.15pm-2.15pm	Claygate
Reminiscence Club	1.15pm-2.15pm	Hersham