

Weekly regulars

Monday	Creative Card Making Class	1.30-3pm
	Stroke Exercise Class £3.50	10.30am-11.30am
Tuesday	Folk Dancing	10am-12 noon
	iPad Training (book in office)	10am-12.15pm
	Drama Group*	10am-11.30am
	Bingo	1.30-2.30pm
Wednesday	Exercise Class in Gym £4	10am-11am
	New 'Tapping Class' £1	10am-11am
	Chair Based Exercise	11am-11.45am
	Discussion Group	1.15pm-2.15pm
	Healthy Food Preparation*	1.30pm-2.30pm
	Boccia Session (Indoor Bowls)	2.30pm-3.15pm
Thursday	Raffle	11.45am
	Bingo	1.30-2.30pm
	Nail Painting and File £2.50	2.30-3.15pm
Friday	Crafts	1.30pm
	Stroke Exercise Class £3.50	11.30am-12.30pm
	Exercise Classes in Gym £5 per session	2pm-3pm 3pm-4pm
	Singing Group*	2.30pm-3.30pm

*Cobham Link specialises in people with learning disabilities. We always welcome volunteers to help with these sessions.

Cobham Centre for the Community

events



Welcome

We look forward to welcoming you to our Open Day on Tuesday 4 July, 10am-1.30pm. Come along for a free coffee and cake and find out what's going on at the Centre.

We have lots of outings and events throughout summer including the Hairdresser's Fashion Show on Wednesday 5 July and a Bingo Night on Wednesday 13 September.

Our Special Lunches are on Tuesday 11 July for a summer buffet and Tuesday 26 September for a race day lunch.

We look forward to seeing you soon
The Cobham Team



Cobham Centre

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July

Tuesday	4	Open Day 10am-1.30pm Pop in for free coffee and cake and find out what's going on at the Cobham Centre.
Wednesday	5	Fashion Show 6pm
Monday	10	Outing to Chessington Garden Centre
Tuesday	11	Summer Special Buffet Lunch with live afternoon entertainment.
Tuesday	11	Homemade craft stall in reception
Tuesday	11	Sight for Surrey Bus Visit 10am-12 noon
Wednesday	12	Cobham Link and Freewheelers showcase at Cobham Village Hall 7.15pm
Thursday	13	Volunteers Coffee Morning 10.30am
Thursday	13	Billy's Herbal Remedy stall in reception 9.30am-12 noon
Tuesday	18	Mayor's Coffee Morning 10am-12 noon Come along and support the Mayor's charity!
Thursday	20	Swingbridge Boat Trip , ride along the Wey Navigation on a traditional narrow boat.
Tuesday	25	Joan's gift stall in reception

August

Tuesday	1	Pauline's 'Stunners' gift stall in reception
Wednesday	9	Outing to the Toby Carvery in Windsor

September

Tuesday	5	Outing to Milestones Museum
Wednesday	6	Outing to Longacres Garden Centre and Jack's Fish and Chips Café.
Wednesday	13	Bingo Night
Thursday	14	Inter-Centre Boccia Competition
Monday	18	Outing to The Parkway restaurant, Guildford
Tuesday	26	Race Day Special Lunch
Friday	29	MacMillan Coffee Morning

Bingo Nights

Wednesday 13 September
Wednesday 8 November
Wednesday 20 December

Citizen's Advice

A drop-in service is available every Wednesday 10am to 1pm at the Cobham Centre.



Beautician (Gail)	07789 741344
Cobham Physio (Linda)	07809 233779
Community Transport	01372 474551
Feet First (Basic Footcare)	01932 596031
Chiropody (Spencer)	0208 870 3742
Chiropody (Michelle)	07957 166173
Lunch Orders	01932 596036
Hairdressers	01932 596035
Meals on Wheels	01932 596031