

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

Flower Arranging	10.30am-11.45am
Raffle	11.45am
Film Club	1pm
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

Happy New Year to you all.

Why not try something new this year? Take a look at our back page for a list of regular courses and activities at the Cobham Centre for the Community.

We also have a packed programme of events including Special Lunches, outings, iPad courses and a new Flower Arranging Class and Film Club.

We look forward to seeing you soon
The Cobham Team



Cobham Centre

Oakdene Road, Cobham
KT11 2LY Tel: 01932 596030
cobhamcentre@elmbridge.gov.uk
elmbridge.gov.uk/css

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January

Thursday	4	10.30am-11.45am New Flower Arranging Course with Neelam, £2.50
Thursday	11	1pm New Film Club. Watch cinema classics at our free monthly Film Club.
Thursday	11	Outing to The Cricketers in Horsell.
Tuesday	23	New Year's Special Lunch, £7.50
Tuesday Tuesday	23 30	iPad Beginners Course £25 for 2 sessions
Friday	26	Outing to The Marquis of Granby.
Wednesday	31	10.30am Volunteers Coffee Morning

February

Tuesday Tuesday	6 13	iPad Course - How to use the internet £25 for 2 sessions
Monday	19	Outing to Notcutts Garden Centre
Thursday	22	Outing to Milestones Museum
Wednesday	28	6.30pm Bingo Night £2 entrance

New Flower Arranging Class

Starts Thursday 4 January,
10.30am - 11.25am

£2.50 per session



March

Thursday	8	10am-12 noon Community Safety Day
Thursday	8	Outing to the Hungry Horse, Chertsey
Monday	19	Outing to Longacres Garden Centre and Jack's Fish and Chips Cafe
Thursday	22	10.30am Volunteers Coffee Morning
Wednesday	28	Easter Special Lunch

New Film Club

Our new Film Club starts on
Thursday 11 January at
1pm.
Enjoy a cinema classic after
lunch. Free entry.

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 474550
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