

## Weekly regulars

Monday

Creative card making class	1.30-3pm
Stroke exercise class £3.50	10.30am-11.30am
Table tennis	2pm-4pm

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 £5	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 £6 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

Our packed programme of events includes outings to Denbies Wine Estate, Hampton Court Palace, Portsmouth's Gunwharf Quays, Gala Bingo and local restaurants.

We will be celebrating St George's Day and the Royal Wedding with our themed Special Lunches and we will be hosting the popular Bingo Nights in April and June.

We look forward to seeing you soon  
The Cobham Team



### Cobham Centre

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## April

Monday	9	<b>NHS Eye Clinic</b> (free eye test at the Cobham Centre)
Tuesday	10	<b>Outing to The Windsor Lad</b>
Tuesday	10	iPad 'Beginners' course (part 1)
Tuesday	17	Pauline's 'Stunners' gift and accessories stall
Tuesday	17	iPad 'Beginners' course (part 2)
Tuesday	24	<b>Sight for Surrey Bus Visit</b> Advice for hearing or sight problems and free NHS hearing aid repairs
Tuesday	24	iPad 'Next Steps' course (part 1)
Tuesday	24	<b>St George's Day Special Lunch</b>
Wednesday	25	<b>Bingo Night, 6.30pm for 7pm start, £2</b>
Thursday	26	Volunteers Coffee Morning 10am
Monday	30	<b>Outing to Gala Bingo</b> (see noticeboard for details)

## May

Tuesday	1	iPad 'Next Steps' course (part 2)
Wednesday	2	Pauline's 'Stunners' gift and accessories stall
Wednesday	9	<b>Volunteers 'Thank You' evening</b>
Thursday	10	<b>Outing to Denbies Wine Estate</b>
Tuesday	22	<b>Royal Wedding Special Lunch</b>
Thursday	24	<b>Outing to Gunwharf Quays</b> (see noticeboard for details)
Thursday	24	Volunteers Coffee Morning 10am

## June

Wednesday	6	<b>Outing to La Familia restaurant in Hampton Hill for lunch</b> (see noticeboard for further details)
Friday	22	<b>Outing to Hampton Court Palace</b> (see noticeboard for further details)
Wednesday	27	<b>Bingo Night, 6.30pm for a 7pm start, £2</b>

### Citizen's Advice

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



### Sight for Surrey Bus Visit - Tuesday 24 April

Advice for hearing or sight problems and free NHS hearing aid repairs.

### Save the date - Wednesday 9 May

Volunteers 'Thank You' celebration evening.

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