

Monday

Physiotherapist	9.30am-3.30pm
Stroke Group	10am-1pm
Exercise Class (limited mobility) £2	10am-11am
Canasta Class - new players welcome	1.30pm-4pm
Talk Group	1.45pm-3.45pm

Tuesday

Beautician	Alternate Tuesdays
Reflexology	9am-4pm
Citizens Advice Bureau (first Tuesday)	10am-12 noon
Bingo with new jackpot flyer	1pm-2.15pm
Curling	1.15pm-2.15pm
Bridge Group	1.15pm-4pm
Pilates with Michelle £3.50	3pm-3.45pm

Wednesday

Curling	10am-11.30am
Gym equipment exercise class with Viv £5	11.45am-12.45am
Quiz with Giselle	1.15pm-2.15pm
Pilates with Michelle £3.50	3-3.45pm

Thursday

Exercise Class (limited mobility) £2	10.30am-11.30am
Discussion or quiz	1pm-2.30pm
Zumba dance exercise class £3.50	1.30pm-2.30pm
Whist Group - new players welcome	1.30pm-4pm
Pilates Class £3.50	3pm-3.45pm

Friday

Free singing for the brain class	10.30am-11.30am
Bingo with new jackpot flyer	1pm-2.15pm
Curling	1pm-2pm
Tai Chi and Chi Gong exercise class £3.50	2.30pm-3.30pm

Walton Centre for the Community

events



Welcome

Fancy a day out at the seaside? Our comfortable coach outings will be visiting Worthing, Eastbourne and Bognor through the summer season.

We also have a monthly Special Lunch where you can enjoy a 3 course meal, glass of wine and musical entertainment - all for £7. Plus, don't forget to take a look on the back page for our regular weekly classes and activities.

We look forward to seeing you soon
The Walton Team



Walton Centre

Manor Road, Walton KT12 2PB

Tel: 01932 247549

waltoncentre@elmbridge.gov.uk

elmbridge.gov.uk/css

Produced by CSS, June 2017

July

Friday	7	Wilf and Veronica - jewellery stall and watch doctor
Monday	10	Alan and Chris's Shoe Shop
Thursday	13	Less able trip to Hayling Island
Tuesday	18	Hill's coach trip to Worthing, £14
Wednesday	19	Mayor's Coffee Morning plus raffle in aid of the Mayor's charity
Thursday	20	Special Lunch with entertainment by Billy Clayton, £7 - see noticeboard for menu

August

Wednesday	9	Less able trip - see noticeboard for further details
Friday	11	Sharon's Clothes Stall
Friday	18	Special Lunch with entertainment by Jim on the accordion, £7 - see noticeboard for menu
Wednesday	23	Hill's coach trip to Bognor, £14
Monday	28	Bank Holiday - Centre closed

Special Lunch entertainers

Thursday 20 July - Billy Clayton
 Friday 18 August - Jim on his accordion
 Weds 20 September - Robbie Lee



September

Thursday	7	Less able trip - see noticeboard for further details
Thursday	14	Inter-Centre Boccia Competition at the Molesey Centre
Tuesday	19	Hill's coach trip to Eastbourne, £14
Wednesday	20	Special Lunch with entertainment by Robbie Lee, £7 - see noticeboard for menu
Friday	22	Wilf and Veronica - jewellery stall and watch doctor
Tuesday	26	Celia's Fashion Stall

Coach outings to the seaside

Worthing

Tuesday 18 July, £14

Eastbourne

Tuesday 19 September, £14

Bognor

Wednesday 23 August, £14



Beautician	01932 247549
Hairdressers (appointments)	01932 243633
Reflexology	01932 875419
Community Transport	01372 474550
Chiropody (Kelly)	07855 434779
Lunch Orders	01932 244129