

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	10am-11am
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



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 Walton Centre for the Community.

We also have a packed programme of events including Special Lunches with wine and entertainment, outings and events.

We look forward to seeing you soon,
The Walton Team



Walton Centre

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January

Tuesday	9	Bingo Evening - eyes down 6pm.
Thursday	11	Rosemary's Jams and Cakes
Tuesday	16	Scam Awareness Talk with Simon from NatWest Bank. Simon from NatWest bank is coming to the Walton Centre to talk about fraud and scams. Find out how criminals target people through online, postal, door-to-door and telephone scams. 10am
Wednesday	17	Henri Matisse Workshop 10am-12 noon See noticeboard for further details.
Wednesday	24	Special Lunch with entertainment from David Jelly. £7 includes a glass of wine.
Thursday	25	Less able trip to Brooklands and the Harvester in West Byfleet.

February

Friday	2	Celia's Fashions in reception from 10am.
Tuesday	6	Wilf and Veronica - jewellery stall and watch doctor.
Tuesday	6	Bingo Evening - eyes down 6pm.
Wednesday	14	Inter-Centre Skittles Competition at the Hersham Centre.
Thursday	15	Valentines Special Lunch with entertainment from Jim on his mandolin. £7 including a glass of wine.
Tuesday	20	Rosemary's Jams and Cakes
Tuesday	27	Less able trip - see noticeboard for further details.

March

Tuesday	6	Bingo Evening - eyes down 6pm.
Friday	16	St Patrick's Day Special Lunch with entertainment from Midnight Sunset. £7 includes a glass of wine.
Thursday	22	Rosemary's Jams and Cakes
Friday	23	Wilf and Veronica - jewellery stall and watch doctor.
Tuesday	27	Less able trip - see noticeboard for details.
Friday	30	Centre closed - Good Friday and Easter Monday (2nd April).

Special Lunches

Celebrate with us at our seasonal Special Lunches. 3 courses of delicious food, a glass of wine and live afternoon entertainment, all for £7.

Dates

Wednesday 24 January
Thursday 15 February
Friday 16 March



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