

Monday

Physiotherapist	9.30am-3.30pm
Stroke Group	10am-1pm
Exercise Class (limited mobility) £3	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) £3	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



Welcome

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 - keep an eye on the noticeboards for further information.

Don't forget to save the date for our Summer Fete, Saturday 7th July.

We look forward to seeing you soon,
The Walton Team



Walton Centre

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April

Monday	9	Max's Careful Mobility Roadshow 9am-12 noon
Friday	13	'Stunners' gift stall 10am-12 noon
Monday	16	Rosemary's Jams and Cakes stall
Tuesday	17	Coach outing Portsmouth with Hills Coaches - see noticeboard
Friday	20	Less able trip to Squires Garden Centre and The Harvester
Monday	23	Celia's Fashions stall
Tuesday	24	Wilf and Veronica's jewellery gifts and watch doctor stall
Wednesday	25	St George's Day Special Lunch - see noticeboard for menu

May

Tuesday	1	Sight for Surrey bus visit - 10am-12 noon
Tuesday	1	Evening bingo
Thursday	3	May Day Special Lunch - see noticeboard for menu
Wednesday	9	Biljana's Neils Yard stall
Thursday	17	Rosemary's Jams and Cakes stall
Thursday	17	Hills Coach Outing to Eastbourne
Thursday	31	Wilf and Veronica's jewellery gifts and watch doctor stall
Thursday	31	Less able trip to Cranleigh Market and The Compass restaurant in Gomshall

June

Friday	1	Wilf and Veronica's jewellery gifts and watch doctor stall
Tuesday	5	Evening bingo
Thursday	14	Special Lunch - see noticeboard for menu
Friday	15	Less able trip - see noticeboard for further details
Monday	18	Rosemary's Jams and Cakes stall
Thursday	21	Hills Coach Outing to Brighton



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