

# Weekly regulars

MONDAY

Art	9am-12.30pm
Parkinson's Support Group	10am-2pm
Chair Based Exercises	10.15am-11am
Parkinson's Exercise Group	11am-11.45am
Cards (Uno, Sevens) or Dominoes	10.30am-12 noon
Bingo	1.30pm-2.30pm

TUESDAY

Boccia	10.30am-11.30am
Cards (Uno, Sevens) or Dominoes	10.30am-12 noon 1.30pm-2.30pm
Singing for the Memory (1st Tues)	10.30am-11.30am
Bridge Session	1.30pm-4pm
Computer Cyber Cafe	1.30pm-3.30pm

WEDNESDAY

Table Tennis	9.30am-11.30am
Cards (Uno, Sevens) or Dominoes	10.30am-12 noon 1.30pm-2.30pm
Dance Exercise	10.30am-11.30am
Boccia (alternative Weds)	1.30pm-2.30pm
Wednesday Activity Group (WAG) (alternative Weds)	1.30pm-4pm

THURSDAY

Computer Lessons	9am-12.30pm
Cards (Uno, Sevens) or Dominoes	10.30am-12 noon 1.30pm-2.30pm
Holy Communion (4th Thursday)	11.45am-12 noon
Entertainment (plus dancing)	1.30pm-3pm

FRIDAY

Claygate Stroke Support Group	10am-2.30pm
Cards (Uno, Sevens) or Dominoes	10.30am-12 noon 1.30pm-2.30pm
Bingo	1.30pm-2.30pm

SAT

Keep fit for the over 50's	10.15am-11.30am
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# Claygate Centre for the Community events



## Welcome

There's lots going on at the Claygate Centre - October sees our annual Fashion Show, an outing to Chiswick House and a Special Lunch for the National 'Full of Life' Day. November brings us a Remembrance Day Special Lunch, the Claygate Centre Christmas Fayre and an outing to London to see the Christmas Lights. In December we host 2 days of our popular Christmas Lunches, mince pies, carols and a New Year sing-a-long.

Our weekly regulars (see back page) will continue throughout the season.

We look forward to seeing you soon, The Claygate Team



### Claygate Centre

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## October

Monday	2	Rosemary's Jams and Cakes Sale
Monday	2	Special Lunch for national 'Full of Life' Day
Thursday	5	Ceejay's Fashions Sale
Thursday	5	Entertainment - Centre's Fashion Show of Ceejay's Fashions
Friday	6	Ceejay's Fashions Sale
Monday	9	Alan's Shoe Sale
Thursday	12	Afternoon entertainment - Nathan Rhodes
Wednesday	18	<b>Outing to Chiswick House</b>
Thursday	19	Afternoon entertainment - Davina Rae
Tuesday	24	Alan's Shoe Sale
Thursday	26	Holy Communion 11.30am
Thursday	26	Afternoon entertainment - Emma Ruth

## November

Thursday	2	Rosemary's Jams and Cakes Sale
Thursday	2	Afternoon entertainment - Frances Fry
Monday	6	Ceejay's Fashions Sale
Wednesday	8	Alan's Shoe Sale
Thursday	9	Remembrance Day Special Lunch with entertainment from Atlantis
Thursday	16	Afternoon entertainment - Paul Stroble
Saturday	18	<b>Claygate Centre Christmas Fayre</b>
Thursday	23	Afternoon entertainment - Midnight Sunset
Wednesday	29	<b>London Christmas Lights Outing</b>  <p>With a fish and chips supper</p>
Thursday	30	Afternoon entertainment - Cray Ralph

## December

Wednesday	6	<b>Christmas Lunch with entertainment</b>
Thursday	7	<b>Christmas Lunch with entertainment</b>
Tuesday	12	Sight for Surrey - hearing and sight bus visiting during the morning.
Thursday	14	Afternoon entertainment - Pauline H (French singer)
Thursday	21	Rosemary's Jams and Cakes Sale
Thursday	21	Afternoon entertainment - Denny Rich
Friday	22	Special Lunch, carols and mince pies and sing-a-long with Vince Holland. Centre closing after lunch
Monday	25	<b>Centre Closed - Christmas Day</b>
Tuesday	26	<b>Centre Closed - Boxing Day</b>
Friday	29	New Year's Olde-Time Sing-a-long Centre closing after lunch
Monday	1	<b>Centre Closed - New Year's Day</b>

**Please check the large notice board by the Tea Bar for additional seasonal events.**



### Services

Hairdressing	Daily
Podiatry (Private)	Friday
Podiatry (Age UK)	Tuesday
Bathing and Showering	Daily
Beautician and Reflexologist	Weekly