

# 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, Dominoes and Knit and Natter	10.30am-12 noon
Bingo	1.30pm-2.30pm

TUESDAY

Boccia (not on 3rd Tuesday)	10.30am-11.30am
Cards (Uno, Sevens), Dominoes and Knit and Natter	10.30am-12 noon 1.30pm-2.30pm
Singing for the Memory (1st & 3rd Tues)	10.30am-11.30am
Bridge Session	1.30pm-4pm
Quiz afternoon	1.30pm-2.30pm

WEDNESDAY

Table Tennis	9.30am-11.30am
Cards (Uno, Sevens), Dominoes and Knit and Natter	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), Dominoes and Knit and Natter	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), Dominoes and Knit and Natter	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

We have a packed programme of events including monthly outings to the seaside. Other events include our annual Centre Fashion Show on Thursday 19 April and our St George's Day Special Lunch on Monday 23 April.

Take a look at our back page for a list of regular courses and activities at the Claygate Centre for the Community.

We look forward to seeing you soon,  
The Claygate Team



### Claygate Centre

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## April

Monday	2	<b>Easter Monday - Centre closed</b>
Thursday	5	Afternoon entertainment - Roy as Elvis
Thursday	12	<b>Sight and hearing bus visit</b> - free NHS hearing aid repairs and sight and hearing advice.
Thursday	12	Rosemary's Jams and Cakes Sale
Thursday	12	Afternoon entertainment - Keith Live
Tuesday	17	<b>Outing to Eastbourne</b>
Thursday	19	<b>Fashion Show</b> of Ceejay's clothing plus fashions sale
Friday	20	Ceejay's fashions Sale
Monday	23	<b>St George's Day Special Lunch</b> with afternoon entertainment from Phil
Thursday	26	Holy Communion 11.30am
Thursday	26	Afternoon entertainment - Steve Robbins

## May

Thursday	3	Afternoon entertainment - Crazy Ralph
Monday	7	<b>Bank Holiday - Centre closed</b>
Thursday	10	Afternoon entertainment - Dave Mac
Thursday	17	<b>Special Lunch - Race Afternoon</b>
Wednesday	23	<b>Outing to Bournemouth</b>
Thursday	24	Holy Communion 11.30am
Thursday	24	Afternoon entertainment - Robbie Lee
Monday	28	<b>Bank Holiday - Centre closed</b>
Wednesday	30	Boccia with Wingham Court, 1.30pm
Thursday	31	Afternoon entertainment - Mary (flautist)

## June

Thursday	7	<b>QUIZ AFTERNOON</b> - come and win a prize!
Monday	11	Ceejay's fashions sale
Tuesday	12	Ceejay's fashions sale
Thursday	14	Afternoon entertainment - Frances Fry
Thursday	14	<b>Friends of Claygate Social Committee AGM</b> 10.30am-11.30am
Thursday	21	Afternoon entertainment - Tom (guitarist)
Tuesday	26	<b>Outing to Worthing</b>
Wednesday	27	Boccia with Wingham Court, 1.30pm
Thursday	28	Holy Communion 11.30am
Thursday	28	Afternoon entertainment - Pauline (French singer)

### Outings to the seaside

Tuesday 17 April

Eastbourne

Wednesday 23 May

Bournemouth

Tuesday 26 June

Worthing



Please enquire in the Centre Office if you are interested in future iPad courses.

### Services

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