

weekly regulars

Monday	Singing Group	11am-12 noon
	Bridge Club	1.30-4pm
	Tai Chi	2.30-3.30pm

Thursday	Art Class with Rebecca - all levels welcome	10am-11.30am
	Afternoon entertainment Quiz, card games and bingo etc.	From 1.30pm
	Chair based yoga with Najah	3pm-4pm

Hairdresser wanted



We are looking for a hairdresser at the Thames Ditton Centre. If you would like to enquire about renting a chair on a Thursday please contact the office: 0208 398 5921

Tai Chi

Studies have shown that Tai Chi can help people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs. Our Tai Chi classes run from 2.30-3.30pm on a Monday. Why not give it a go and improve your health and wellbeing.

**Thames Ditton Centre for the Community
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Produced by Community Support Services 04/2018
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Thames Ditton Centre for the Community events



Welcome



Take a look at our back page for a list of regular activities at the Thames Ditton Centre for the Community. We also have a packed programme of events including Special Lunches celebrating St George's Day and Her Majesty the Queen's birthday.

Look forward to seeing you soon
The Thames Ditton Team






Events from
April to June
2018

April

Thursday	19	Special Lunch celebrating St George's Day with entertainment from Phil the Pearly King.	
Thursday	26	Quiz with a prize for the winner!	


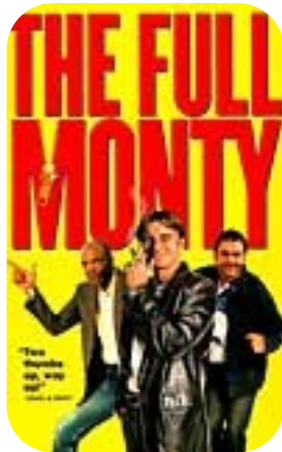
May

Thursday	3	Plant pot decorating to Celebrate National Gardening Week and polling day.	
Thursday	17	Bingo £1 per flyer and £1.50 per book.	
Thursday	24	Truffle making masterclass. Please check with the office for availability.	

Chair based yoga with Najah

Includes stretching, strength and balance - 3pm-4pm every Thursday. £8 per session. For further information call: 07736 797370 or email: najahyoga@gmail.com

June

Thursday	7	Special Lunch to celebrate Her Majesty the Queen's birthday with entertainment from Maria.	
Thursday	21	Film Club The Full Monty Fantastic comedy set in Sheffield during the closures of the steel works. Unemployed and desperate for money, Gaz and his friends decide to create their own strip-tease dance act. All star cast.	

Retired, looking for a hobby?

Our Men in Sheds project makes garden planters, garden furniture, dolls houses, children's toys and more! Our shed is at our Thames Ditton Centre and is staffed by experienced woodwork leaders. It's a great opportunity to get out, meet people and discover new skills. Call in the office to find out more.

