

weekly regulars

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

Thursday	Art Class with tutor - all levels welcome	10am-11.30am
	Afternoon entertainment Quiz, card games and bingo etc.	From 1.30pm

Hairdressing at the Thames Ditton Centre

Our hairdresser, Sarah, visits the Thames Ditton Centre every Thursday between 9am and 3pm.

If you would like to make a booking please contact Sarah directly on:

07958 605401



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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 elbridge.gov.uk/css

Thames Ditton Centre for the Community events



Welcome

The Thames Ditton Centre offers you a warm welcome. Stay for a freshly prepared 3 course lunch every Monday and Thursday for £3.90. Our festive activities start on Tuesday 5 December with a Christmas shopping trip to Brooklands. Our popular Christmas Lunch is on Thursday 7 December and our Christmas Market will be open on 7, 11 & 14 December.

Look forward to seeing you soon
 The Thames Ditton Team



Events from
 September to
 December 2017

September

Thursday	21	Quiz at 1.15pm - prize for the winner!
Thursday	28	MacMillan Coffee Morning Cake, coffee and raffle.
Thursday	28	Rosemary's Jams and Cakes Sale

October

Monday	2	National 'Full of Life Day' Roast lunch with a free glass of wine or juice.
Thursday	5	Film Club - see noticeboard for film details. Ice cream or popcorn, tea and film £1
Thursday	26	Halloween Special Lunch including entertainment

November

Thursday	9	Remembrance Day Special Lunch including entertainment
Friday	17	Pub Lunch Trip - £7 for transport
Thursday	23	American themed quiz - prize for winner!
Thursday	30	Film Club - see noticeboard for film details. Ice cream or popcorn, tea and film £1

**See the notice board for
our monthly Film Club
screenings.
A fabulous movie and
refreshments for only £1.**



December

Tuesday	5	Christmas shopping trip to Brooklands (Tesco and M&S) £4 for transport
Thursday	7	Christmas Special Lunch including entertainment
Thursday	7 11 14	Christmas Essentials Market Get all your Christmas essentials including wrapping paper, tags and cards.
Thursday	21	Christmas Film Club - chocolates, tea and film £1



Christmas Essentials Market

7, 11 & 14 December



Rosemary's Jams and Cakes Sale

Thursday 28 September



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.

