

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

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 events



Welcome

Happy New Year to you all.

Why not try something new this year? 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 Burn's Night, Valentines and Easter.

Look forward to seeing you soon
The Thames Ditton Team

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Events from
January to
March 2018

January

Thursday	4	Rosemary's cakes and jams
Monday	15	Installation of ' A Royal Affair ' mobile exhibition at the Thames Ditton Centre. This exhibition celebrates Her Majesty the Queen's Coronation through memorabilia. 
Thursday	18	Reminiscence session on 1950's street parties and The Coronation.
Thursday	25	Burn's Night Special Lunch with live entertainment from Billy.

February

Thursday	15	Valentine's Special Lunch with live entertainment from Sonia the belly dancer. 
Monday	19	iPad drop-in session for absolute beginners. Bring along your questions and queries. 

The Otago strength and balance classes will be returning to Thames Ditton on a Thursday afternoon. Please contact Fiona Paterson for further details on: 01372 474574



March

Thursday	1	Rosemary's cakes and jams
Thursday	15	Flower arranging taster session. 
Thursday	22	Mobile farm visiting the Centre. Come and Meet the new lamb. 
Thursday	29	Easter Special Lunch with live Entertainment from Pauline. 

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.

