

Elmbridge Centres for the Community

# activities programme

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## w/c 29 April 2024

**Elmbridge Dementia Services are now running social clubs at Claygate and Walton Centres on Tuesdays, Wednesdays and Fridays. For more info please visit [elmbridge.gov.uk/dementiaservices](http://elmbridge.gov.uk/dementiaservices)**

Our Centres for the Community offer a warm welcome and a place where members can enjoy a range of activities and services.

From Monday 29 April, all our Centres will be open on Mondays, Tuesdays, Thursdays and Fridays. from **10am-3pm**.

All Centres offer a three-course lunch from 12 noon to 1pm, except for the Community Café at Hershams Centre which offers a selection of meals throughout the day.

You can find details of all our Centres for the Community at [elmbridge.gov.uk/centres](http://elmbridge.gov.uk/centres)

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## Monday 29 April

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Beautician</b>	9am-4.30pm	Molesey
<b>Breakfast</b>	10am-11am	Hershams
<b>Seated exercise class 1</b>	10am-11am	Walton
<b>Citizens Advice older people's advice drop-in</b>	10am-12noon	Weybridge

<b>Games</b>	10am-12noon	Weybridge
<b>Knit and Knatter</b>	10am-12noon	Cobham
<b>Reflexology</b>	10am-2pm	Claygate
<b>Stroke group</b>	10am-12noon	Walton
<b>Acupuncture</b>	10am-1pm	Cobham
<b>Reflexology</b>	10am-2pm	Walton
<b>Tea Bar</b>	10am-2.30pm	All Centres
<b>Gym</b>	10am-3pm	Cobham
<b>Hairdressing</b>	10am-3pm	Walton, Weybridge
<b>Foot care</b>	10am-3pm	Cobham, Molesey
<b>Chair Yoga</b>	10.30am-11.30am	Claygate
<b>Parkinsons support Group</b>	10.30am-2.30pm	Claygate
<b>Chair Yoga</b>	11am-12noon	Cobham
<b>Seated exercise class 2</b>	11am-12noon	Walton
<b>Lunch</b>	11.30am-1pm	Hersham
<b>IT Help Sessions</b>	12noon-3pm	Weybridge
<b>Bingo</b>	1pm-2pm	Weybridge
<b>Zumba</b>	1pm-2pm	Molesey
<b>Bingo</b>	1.15pm-2.15pm	Claygate
<b>Grans Coffee Club</b>	1.30pm-3pm	Weybridge
<b>TALK Aphasia Group</b>	1.45pm-3.45pm	Walton

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## Tuesday 30 April

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Foot Care</b>	9.30am-12.30pm	Weybridge
<b>Breakfast</b>	10am-11am	Hersham
<b>Gym Circuits Class</b>	10am-11am	Cobham

<b>German Speaking Group</b>	10am-11.30am	Hersham
<b>Bridge</b>	10am-12noon	Hersham
<b>Mah-jong</b>	10am-12noon	Hersham
<b>Tea Bar</b>	10am-1.30pm	Hersham
<b>Social prescribing</b>	10am -2pm	Cobham
<b>Tea bar</b>	10am-2.30pm	Claygate, Cobham, Molesey, Walton, Weybridge
<b>Beautician</b>	10am-3pm	Walton
<b>Dementia Social Club</b>	10am-3pm	Claygate, Walton
<b>Hairdressing</b>	10am-3pm	Hersham
<b>Canasta</b>	10.15am-12.15pm	Walton
<b>Bridge</b>	10.30am-11.45am	Walton
<b>Flower arranging</b>	10.30am-11.45am	Cobham
<b>Quiz</b>	11am-11.30am	Molesey
<b>Chair yoga</b>	11am-12noon	Cobham
<b>Gym</b>	11.15am-3pm	Cobham
<b>Lunch</b>	11.30am-1pm	Hersham
<b>Knit and sew circle</b>	12.30pm-2.30pm	Molesey
<b>Pump-it weightlifting class</b>	12.30pm-1.15pm	Cobham
<b>Bingo</b>	1pm-1.45pm	Walton
<b>Quiz &amp; Bingo</b>	1pm-2pm	Cobham
<b>Yoga</b>	1pm-2pm	Molesey
<b>Zumba</b>	1.30pm-2.30pm	Hersham
<b>Cobham Voices Community Choir</b>	1.45pm-2.45pm	Cobham
<b>Pilates</b>	2.10pm-2.55pm	Walton

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## Thursday 2 May

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Breakfast</b>	10am-11am	Hersham
<b>Art Club</b>	10am-11.30am	Walton
<b>Chess Club</b>	10am-12noon	Hersham
<b>Knit and Natter</b>	10am-12noon	Hersham
<b>Podiatry</b>	10am-2pm	Walton
<b>Beauty services</b>	10am-2pm	Claygate
<b>Hairdressing</b>	10am-2pm	Claygate, Molesey
<b>Tea bar</b>	10am-2.30pm	All Centres
<b>Gym</b>	10am-3pm	Cobham
<b>Yoga</b>	10.15am-11.15am	Walton
<b>Creative session</b>	10.30am-11.30am	Cobham
<b>Mat Yoga</b>	11am-12noon	Cobham
<b>Lunch</b>	11.30am-1pm	Hersham
<b>Elmbridge CAN Refugee Support Group</b>	12noon-2.30pm	Walton
<b>Bingo</b>	1pm-2pm	Cobham, Weybridge
<b>Afternoon Entertainment – Dave Mack singer</b>	1.15pm-2.15pm	Claygate
<b>Circuits class</b>	1.30pm-2.30pm	Walton

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## Friday 3 May

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Breakfast</b>	10am-11am	Hersham
<b>Chelsea FC exercise class</b>	10am-11am	Cobham

<b>Games</b>	10am-11am	Molesey
<b>Elmbridge CAN ESOL class</b>	10am-11.30am	Walton
<b>Boomerang Bags</b>	10am-12noon	Cobham
<b>Hairdressing</b>	10am-2pm	Molesey
<b>Dementia Social Club</b>	10am-3pm	Claygate, Walton
<b>Hairdressing</b>	10am-3pm	Hersham
<b>Tea bar</b>	10am-2.30pm	All Centres
<b>Tai Chi</b>	10.45am-11.45am	Molesey
<b>Table Tennis</b>	11am-12noon	Cobham
<b>Gym</b>	11.15am-2.30pm	Cobham
<b>Lunch</b>	11.30am-1pm	Hersham
<b>Tai Chi</b>	12.30pm-1.30pm	Molesey
<b>Bingo</b>	1pm-1.45pm	Walton
<b>iPad class</b>	2pm-3pm	Molesey
<b>Tai Chi</b>	2.30pm-3.30pm	Walton