

## Weekly regulars

Monday	Creative card making class	1.30pm-3pm
	Stroke exercise class £3.50	10.30am-11.30am
	Table tennis	2pm-4pm
	Strength and Balance class	1pm-1.45pm
Tuesday	Folk dancing	10am-12 noon
	Bingo	1.30-2.30pm
	Tiny Tunes (Mother & Toddler)	9.45am-11.30am
Wednesday	Exercise class in gym £5	10am-11am
	Chair based exercise	11am-11.45am
	Discussion group	1.15pm-2.15pm
	Citizens Advice	10.30am-1pm
Thursday	Flower arranging	10.30am-11.45am
	Raffle	11.45am
	Quiz £1 per person	1pm
	Nail painting and file £2.50	2.30-3.15pm
Friday	Games morning	10am-12pm
	Stroke exercise class £3.50	11.30am-12.30pm
	Exercise classes in gym £6 per session	2pm-3pm 3pm-4pm
	Musical Bingo	1.15-2pm

## Cobham Centre for the Community

# events



## Welcome

Our events programme is packed with our regular weekly activities, for those looking to get fit and have fun, come and join the exercise classes or the folk dancing classes.

For those with an artistic flair, our weekly flower arranging classes and creative card making sessions are very popular.

If you enjoy good food then try our daily 3-course lunch as well as our special lunches, and check our noticeboard for details on the latest events and outings.

We look forward to seeing you soon,

The Cobham Team




**Cobham Centre**  
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## July

<b>Saturday</b>	<b>6</b>	Cobham Centre Summer Fayre, 12pm-2pm
<b>Tuesday</b>	<b>9</b>	Outing to the Toby Carvery, £7.50 for transport
<b>Wednesday</b>	<b>10</b>	Cobham Link and Freewheelers Evening, 6pm (Free Entry) - film exhibition.
<b>Thursday</b>	<b>11</b>	<b>1950's Party Special Lunch</b> , £7.50, with afternoon entertainment

## August

<b>Wednesday</b>	<b>21</b>	Sight for Surrey bus, 10am-12noon	
<b>Thursday</b>	<b>22</b>	<b>Summer Picnic special lunch</b> £7.50, with afternoon entertainment	
<b>Friday</b>	<b>23</b>	<b>Wimbledon Tennis tour outing</b> — details to be confirmed.	

### Chair-based exercise classes

Join us every Wednesday at 11am for chair-based exercise classes at Cobham Centre for the Community.

Classes are free for Cobham Centre members so speak to a member of the Centre team for more information.

## September

<b>Monday</b>	<b>9</b>	<b>Outing to Notcutts Garden Centre</b> – price and details to be confirmed.
<b>Wednesday</b>	<b>18</b>	<b>Race Day special lunch</b> , £7.50 with entertainment.
<b>Monday</b>	<b>23</b>	<b>Outing to Gunwharf Quays</b> – details to be confirmed.

### 21 August -Sight for Surrey, 10am-12noon

The bus carries a range of specialist hearing and sight equipment aids, and offers basic repairs to NHS hearing aids. Advice, information and signposting to local services.



### Trip to Worthing and Bognor Regis.

Interested in a coach trip to the seaside? For more details, dates, contact the centre.



<b>Cobham Physio (Linda)</b>	<b>07809 233779</b>
<b>Feet First (Basic Footcare)</b>	<b>01932 596031</b>
<b>Hairdressers</b>	<b>01932 596035</b>
<b>Lunch Orders</b>	<b>01932 596036</b>
<b>Community Transport</b>	<b>01372 474550</b>
<b>Meals on Wheels</b>	<b>01932 596031</b>