

Weekly regulars

MONDAY

Physiotherapist	9.30am-3.30pm
Stroke Group	10am-12 noon
Exercise Class (limited mobility), £3	10am-11am 11am-12 noon
Canasta Class - new players welcome	1.30pm-4pm
Talk Group	1.45pm-3.45pm

TUESDAY

Beautician	Alternate Tuesdays
Citizens Advice Bureau (first Tuesday)	10am-12 noon
Knit and Natter in the Conservatory	10am-11.30
Curling	1.15pm-2.15pm
Bridge Group	1.15pm-4pm
Bingo with new jackpot flyer	1pm-2.15pm

WEDNESDAY

Curling	10am-11.30am
Gym equipment exercise with Viv, £5	11.45am-12.45am
Quiz	1pm-2pm
Pilates with Michelle, £3.50	3-3.45pm

THURSDAY

Exercise Class (limited mobility), £3	10am-11am
Discussion or quiz	1pm-2.30pm
Zumba dance exercise class, £3.50	1.30pm-2.30pm
Pilates Class, £3.50	3pm-3.45pm

FRIDAY

Free singing for the brain class	10.30am-11.30am
Bingo with new jackpot flyer	1pm-2.15pm
Curling	1pm-2pm
Tai Chi and Chi Gong, £3.50	2.30pm-3.30pm

Walton Centre for the Community

events



Welcome

Take a look at our back page for a list of our regular courses and activities at the Walton Centre for the Community.

We have a packed programme of events including special lunches with live entertainment, plus lots of exciting events - keep an eye on the noticeboards for more information.

Don't forget to join us for a special lunch on 11 July, National Teddybear Picnic day!

We look forward to seeing you soon,

The Walton Team




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May

Monday	6	Centre closed — Bank Holiday
Tuesday	7	Bingo night, eyes down at 6pm 
Wednesday	8	Less Able trip to Garsons Farm, followed by a pub lunch at the Barley Mow.
Tuesday	14	Hill trip to Portsmouth. Tickets £15. More details available in the centre.
Friday	17	Muddy Boot Photocards Stall, 10am
Tuesday	21	Heather's Creations Stall, 10am
Wednesday	22	Special Lunch , entertainer Phil Silo. Menu in the centre.
Monday	27	Centre closed — Bank Holiday
Tuesday	28	Rosemary's Jam & Cake stall, 10am
Friday	31	Wilf and Veronica's jewellery gifts and watch doctor stall, 10am-12noon

June

Tuesday	11	Sight for Surrey bus visit, 10am-12pm 
Tuesday	11	Hills Trip to Eastbourne. Tickets £15.
Friday	14	Less Able trip, venue to be announced. See poster in the centre for more details.
Tuesday	18	Wilf and Veronica's jewellery gifts and watch doctor stall, 10am-12noon

June (continued...)

Friday	21	Summertime Special Lunch , with entertainer Jim and his Guitar. Menu in the centre. 
Monday	24	Rosemary's Jam & Cake stall, 10am

July

Saturday	6	Walton Centre Summer Fete, 11am-1pm
Tuesday	9	Hills trip to Brighton, Tickets £15.
Wednesday	10	Teddy Bears' Special Lunch Picnic , with entertainer Robbie Lee. Menu available in the centre. 
Thursday	18	Less Able trip, venue to be announced. See poster in the centre for more details.
Friday	19	Rosemary's Jam & Cake stall, 10am
Thursday	25	Safer Places launch at the Excel centre, 11am. Contact centre for more details. 

Beautician	01932 247549
Hairdressers (appointments)	01932 243633
Community Transport	01372 474944
Chiropody (Kelly)	07855 434779
Lunch Orders	01932 244129