

# Weekly regulars

MONDAY

Art	9am-12.30pm
Parkinson's support group	10am-2pm
Chair based exercises	10am-10.45am
Parkinson's exercise group	11am-11.45am
Cards, dominoes and knit and natter	10.30am-12 noon
Bingo	1.30pm-2.30pm

TUESDAY

Cyber café, drop in IT advice session	10.30am-12noon
Cards (Uno, Sevens), dominoes and knit and natter	10.30am-12 noon 1.30pm-2.30pm
Singing for the memory (1st & 3rd Tues)	10.30am-11.30am
Bridge session	1.30pm-4pm
Quiz afternoon	1.30pm-2.30pm
Balance & strength class	2.30pm—3.30pm

WEDNESDAY

Table tennis	9.30am-11.30am
Cards (Uno, Sevens), dominoes and knit and natter	10.30am-12 noon 1.30pm-2.30pm
Dance exercise	10.30am-11.30am
Boccia	1.30pm-2.30pm

THURSDAY

Cards (Uno, Sevens), dominoes and knit and natter	10.30am-12 noon 1.30pm-2.30pm
Holy communion (4th Thursday)	11.45am-12 noon
Entertainment (plus dancing)	1.30pm-3pm

FRIDAY

Claygate stroke support exercise class	10.45am-11.45am
Cards (Uno, Sevens), dominoes and knit and natter	10.30am-12 noon 1.30pm-2.30pm
Bingo	1.30pm-2.30pm

SAT

Keep fit for the over 50's	10.15am-11.30am
----------------------------	-----------------

# Claygate Centre for the Community events



## Welcome

We have a packed programme of exciting events taking place this summer and autumn.

We are proud to be celebrating our 29th birthday, and invite you to a special lunch in the centre. Entertainment will be provided by Julie Clifton. You are also welcome to meet our new Mayor during a special coffee morning on Thursday 8th August.

Fancy a fun day out? Why not join us for one of our centre outings? We will be visiting Brighton in September, see the office for details.

We look forward to seeing you soon,

The Claygate Team



**Claygate Centre**  
 Elm Road, Claygate KT10 0EH  
 Tel: 01372 463476  
[claygatecentre@elmbridge.gov.uk](mailto:claygatecentre@elmbridge.gov.uk)  
[elmbridge.gov.uk/css](http://elmbridge.gov.uk/css)

## July

<b>Wednesday</b>	<b>10</b>	Outing to Worthing. Tickets £14. See reception for details.
<b>Thursday</b>	<b>11</b>	<b>29th Birthday Special Lunch</b> , with entertainment from Julie Clifton. Tickets £7.50
<b>Tuesday</b>	<b>16</b>	Afternoon quiz, 1.30pm
<b>Thursday</b>	<b>18</b>	Afternoon entertainment– Robbie Leigh
<b>Thursday</b>	<b>25</b>	Rosemary's jams and cakes, 10am-12pm
<b>Thursday</b>	<b>25</b>	Holy Communion, 11am
<b>Thursday</b>	<b>25</b>	Afternoon entertainment - Emma H

## August

<b>Thursday</b>	<b>1</b>	Afternoon entertainment– Dave Mac
<b>Thursday</b>	<b>1</b>	Bella Fashions, sales table (am)
<b>Wednesday</b>	<b>7</b>	Sight for Surrey bus visit, 10am-12pm Free NHS hearing aid repairs and advice.
		
<b>Thursday</b>	<b>8</b>	<b>Mayor's Coffee Morning, 10am-12pm</b> Come and meet the new Mayor of Elmbridge.
<b>Thursday</b>	<b>8</b>	Afternoon entertainment-Frances Fry
<b>Thursday</b>	<b>15</b>	Afternoon entertainment– Quiz afternoon
<b>Thursday</b>	<b>22</b>	Holy Communion, 11am
<b>Thursday</b>	<b>22</b>	Afternoon entertainment—Crazy Ralph

## August (continued)

<b>Monday</b>	<b>26</b>	<b>BANK HOLIDAY—CENTRE CLOSED</b>
<b>Thursday</b>	<b>29</b>	Afternoon Entertainment - Peter Bennett

## September

<b>Thursday</b>	<b>5</b>	Afternoon entertainment—to be confirmed
<b>Thursday</b>	<b>12</b>	Outing to Brighton. Tickets £14. See reception for details.
<b>Thursday</b>	<b>12</b>	Afternoon entertainment—to be confirmed
<b>Thursday</b>	<b>19</b>	Afternoon entertainment-Steve Robbins
<b>Thursday</b>	<b>26</b>	Holy Communion, 11.30am
<b>Thursday</b>	<b>26</b>	Afternoon entertainment– Julie Clifton

### \*New\* physiotherapy sessions

Physiotherapy is now available on Tuesday mornings by appointment only. See Office for details.



### Services

<b>Hairdressing</b>	<b>Daily</b>
<b>Podiatry (Private)</b>	<b>Friday</b>
<b>Podiatry (Age UK)</b>	<b>Tuesday</b>
<b>Bathing and Showering</b>	<b>Daily</b>
<b>Beautician and Reflexologist</b>	<b>Weekly</b>