

## Weekly regulars

Monday	Chair-based exercise	11am-11.45am
	Grans and toddler group (not in August)	1.20pm-2.45pm
	Art class	1.30pm-3.30pm
	Yoga	7pm-8.30pm
Tuesday	Quiz	11.15am-11.45am
	Senior moves lite exercise class (Hall 2)	11.30am-12.30pm
	Molesey knit and sew circle	1.15pm-3pm
	Tai chi	2.30pm-3.30pm
	Absolute dance 5 to 15yr olds	4.30pm - 6.30pm
Wednesday	Genealogy group – come and trace your ancestors (every other Wednesday)	10.30am-12.30pm
	Whist club	1.30pm-3.30pm
Thurs	Bingo	11am-12 noon
	Molesey sequence dance club	7.15pm-10.15pm
Friday	Keep fit for the active retired (2 classes)	9.45am-10.45 11am-12 noon
	Community yoga	First and last Friday of the month
	Weightwatchers	5pm-7pm
	Molesey bridge club	7.15pm-10.15pm
Sat	Move fitness	9.30am-10.30am

## Molesey Centre for the Community

# events



## Welcome

Our exciting summer programme includes weekly regulars for all ages, such as the Absolute Dance class and the Molesey Sequence dance club.

Gardeners Under Glass meet regularly to grow plants in the community garden and greenhouse. Remember, you can have fun while you keep fit, our Healthy Walks group is meeting in August for a slow paced walk. Do pop into the centre to check our noticeboard for our latest events.

We look forward to seeing you soon.

The Molesey Team





**Molesey Centre**  
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## July

<b>Wednesday</b>	<b>3</b>	Gardeners Under Glass, 10.30am-11.30am - coffee morning to discuss which plants to grow in the garden and greenhouse.
<b>Thursday</b>	<b>11</b>	Craft competition, 2.30pm-4.30pm 
<b>Thursday</b>	<b>25</b>	Film Club, 1.15pm "About Time", a romantic comedy about a time travelling young man. 
<b>Monday</b>	<b>29</b>	Horse-drawn boat outing on the River Wey See office for details.
<b>Tuesday</b>	<b>30</b>	Rosemary's Cakes and Jams, 10am-12noon - selection of fresh cakes, quiches, tarts and jams.

## August

<b>Tuesday</b>	<b>13</b>	Joan's jewellery stall, 10am-1pm
		Sight for Surrey bus visit 10am-1pm 
<b>Thursday</b>	<b>22</b>	Healthy Walks meet-up, 10.30am-11.30am
		Outing with Hersham. See office for details.
<b>Monday</b>	<b>26</b>	<b>August Bank Holiday. Centre closed.</b>
<b>Thursday</b>	<b>29</b>	Film Club, 1.15pm. Join us to watch a film and eat an ice-cream sundae for 50p. 

## September

<b>Thursday</b>	<b>12</b>	Hire-a-Bus outing. Details to be confirmed.
<b>Tuesday</b>	<b>17</b>	Steven Jenkins talk on Maggie Smith and Dame Judy Dench, 10.30am
<b>Tuesday</b>	<b>24</b>	Rosemary's Cakes and Jams, 10am-12noon - selection of fresh cakes, quiches, tarts and jams.

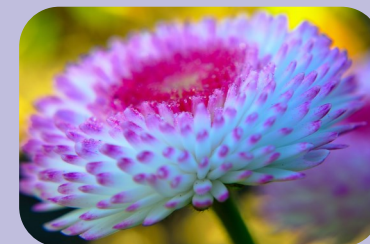
### Healthy Walks meet-up Thursday 22 August 10.30am-11.30am

Enjoy a one hour slow, flat walk on the Molesey Circular walk, led by an experienced walker.



### Gardeners Under Glass monthly coffee morning

Have green fingers? Come and join the Gardeners Under Glass project to grow plants in our community garden.



### Other services

Beautician

Hairdressers

Computer Courses

Meals on Wheels

Chiropodist

Exercise Classes