

# weekly regulars

Monday

Singing Group	11am-12 noon
Bridge Club	1.30-4pm
Tai Chi Exercise	2.30-3.30pm

Thursday

Art Class with tutor - all levels welcome	10am-11.30am
Afternoon entertainment Quiz, card games and bingo etc.	From 1.30pm

## Foot Care at the Thames Ditton Centre

Our Foot Health specialist, Vicky offers routine foot care appointments at the Centre every Thursday. If you would like to make a booking please contact Vicky directly on:

**0208 398 1977**



## Chair-based yoga with Najah

**Includes stretching, strength and balance– 3-4pm every Thursday. £8 per session. For further information: 07736 797 370**

# Thames Ditton Centre for the Community events



## Welcome

The Thames Ditton Centre offers you a warm welcome. Stay for a freshly prepared 3-course lunch every Monday and Thursday for £4.10.

We have a busy programme coming up, with some fabulous events including our Valentine's Day Special Lunch and afternoon activities.

Look forward to seeing you soon,  
The Thames Ditton Team

Thames Ditton Centre for the Community  
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January,  
February, March  
and April events  
inside.



## January

Thursday	17	Rosemary's Jams and Cakes stall, 10am-12.30pm
Thursday	24	Sight for Surrey bus visit, 10am-12pm
Thursday	31	An afternoon game of Boccia


## February

Thursday	7	An afternoon curling match
Thursday	14	<b>Valentine's Day Special Lunch</b> 3-courses of delicious food, a glass of wine and afternoon entertainment 
Thursday	14	Rosemary's Jams and Cakes stall, 10am-12.30pm


## March

Thursday	7	Film Club, 1.15pm This month's feature film is 'The Greatest Showman' 
Thursday	14	Afternoon Quiz Prize for the winner! 
Thursday	21	Rosemary's Jams and Cakes stall, 10am-12.30pm

## April

Thursday	4	Film Club, 1.15pm This month's feature film is 'The Guernsey Literary and Potato Peel Pie Society' 
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## April (continued)

Thursday	18	<b>Easter Special Lunch</b> 3-courses of delicious food, a glass of wine and afternoon entertainment 
Thursday	18	Rosemary's Jams and Cakes stall, 10am-12.30pm

**Are you a movie buff? Join us for fabulous films, ice-cream and refreshments! All for £1!**



### Retired? Looking for a hobby?

Our Men in Sheds project makes garden planters, garden furniture, dolls houses, children's toys and more! Our shed is at our Thames Ditton Centre and is staffed by experienced woodwork leaders.

It's a great opportunity to get out, meet people and discover new skills. Call in the office to find out more.

