

# 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 Monday. 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**

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Produced by Community Support Services 10/2018

# 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 festive season coming up, with some fabulous events, including a Welcome Back Celebration and our Christmas Special Lunch. Don't forget, our Centre is closed for refurbishment works from 22 October until the week commencing 19 November. We cannot wait to show you the new look!

Look forward to seeing you soon,  
The Thames Ditton Team




October,  
November &  
December  
events inside.



## October

Monday	15	Get Online Week– iPad and iPhone drop-in session 10am-12pm 
Thursday	18	Rosemary's Jams and Cakes stall
Monday	22	Centre closed for refurbishment. We will reopen on the week commencing 19 November.


## November

Thursday	29	Welcome Back celebration and coffee morning! Join us for a huge reopening party showcasing the new coffee bar. 10am-12pm
Thursday	29	<b>Open Day Special Lunch</b> with entertainment from Emma Tickets £8 

## December

Monday	3	Christmas Sale (every Monday and Thursday for the first 3 weeks of December). Get all your Christmas essentials including wrapping paper, gift bags and more.
Thursday	6	Christmas Quiz 
Thursday	13	1.15pm, Christmas Film Club 'Elf' 
Thursday	13	Rosemary's Jams and Cakes stall

## December (continued)

Thursday	20	<b>Christmas Special Lunch</b> with a musical performance from Busy Bees Nursery at 11am, followed by lunch and afternoon entertainment from Oli. 
Monday	24	The Centre is closed from Christmas Eve and will reopen on 3 January 2019. Happy New Year!

**Our December film club screening will be the Christmas classic, 'Elf' starring Will Ferrell, James Caan and Zoey Deschanel. £1, including refreshments and ice cream**



### 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.

