

# Cobham Link timetable

January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>Special events</b>				<b>Thursday 17 New Year's Special Lunch</b>		<b>Sunday 27 January Movie Night</b>
<b>Morning activities</b>	Volunteering at Painshill Park  or  Jewellery and bead making	Arts and crafts with Alex  or  Helping out on the ECL allotment	Wellbeing Tapping group with Sarah  followed by  Chair based exercise class	Media and film group with The Freewheelers  or  Arts and crafts	Gym circuits with Viv followed by Boccia with Debbie  or  Conquest Art group	
<b>Afternoon activities</b>	Boccia with the team at Walton  followed by  Karaoke	<b>*New*</b> Choir in Guildford	Healthy eating food preparation  followed by  Boccia	Film Club  or  Swimming	<b>*New*</b> Dance group  followed by  Computer group	

Cobham Link is open Monday- Friday 9:30am till 4pm.  
We are always looking to welcome new members.  
Call the Cobham Link Co-ordinator on 01932 596 030 for more information and to arrange a taster session.



Linking into the heart of the community