

Cobham Centre for the Community

events



Welcome

As we move into the summer months at Cobham Centre, we're focusing on supporting people to become more active and increasing their wellbeing, with some new activities aimed at improving health, social inclusion and supporting diversity.

With our new programme now including training sessions with Chelsea football foundation, Indian cooking classes and pub lunch outings there really is something for everyone.

We look forward to seeing you soon - The Cobham Team



Elmbridge
Borough Council

Cobham Centre
Oakdene Road, Cobham
KT11 2LY
Tel: 01932 596 031
elmbridge.gov.uk/centres



- **Summer Fayre**

Wednesday 1 June, 11-2pm.

Join the fun at our Jubilee Summer Fayre! With a range of fun activities for all ages. BBQ, live music, kids play session and more.

- **Pub lunch outing – Running Mare**

Thursday 16 June, 10.45-2pm. Travel cost £4

Join us for an outing to a local pub for a meal with centre members and staff. Cost of the meal to be paid at the venue.

- **Armed forces celebration event**

Thursday 23 June, 12.30-2.30pm.

Free event to thank all ex-service members within the community. Afternoon tea with scones, cream and jam, entertainment, hand massage and a session from the Elmbridge Museum. Funded by the Elmbridge Trust For Older People.

- **Pub lunch outing – Marquis of Granby**

Thursday 30 June, 10.45-2pm. Travel cost £4

Join us for an outing to a local pub for a meal with centre members and staff. Cost of the meal to be paid at the venue.

July



- **Boat trip**
Thursday 7 July, 10.30am-12.30pm. £25 per ticket.
With tea, coffee and biscuits provided onboard. Spend the morning enjoying a cruise with the peace and quiet of the river.

August



- **Summer Social**
Thursday 4 August, 10.30am-2pm. Free event!
New to the area? Want to meet and mix with other members of the local community? Come along to our summer social and enjoy a free lunch, try some art and pet therapy sessions, make new friends and improve your wellbeing. Funded by the Elmbridge Trust For Older People.
- **Ballroom dancing taster session**
Thursday 18 August, 1-2.30pm, £3
An afternoon of music, dancing and cake.
- **Centre closed for maintenance.**
Monday 8 to Friday 12 August.

Weekly regulars

Monday

- Podiatry 9am-3pm
- Gym sessions (unsupervised) 10am-2pm
- Chair based Yoga 11am-12pm
- Gardening group 2-3pm
- Gym Circuits 2:30pm-3:30pm

Tuesday

- Hairdressing 9am-3pm
- Boomerang Bag sewing group 10am-12 noon
- Men in Sheds 10am-3pm
- Wellbeing walk (monthly) 10:30am-11.15am
- Flower arranging 10:30am-11.45am
- Gym sessions (unsupervised) 11am-3pm
- Chelsea Football foundation health group 10am-12pm
- Chair based yoga 11-12pm
- Chatty Café 1-2pm
- Quiz 1-2pm
- Bingo 2-3pm
- Indian Cooking class 1.30-3pm

Wednesday

- Podiatry 9am-3pm
- Gym sessions (unsupervised) 10am-3pm
- Cobham Voices community choir 1.30-2.30pm

Thursday

- Elmbridge Museum reminiscence (fortnightly) 10.30-11.30am
- Mat yoga 11-12noon
- Monthly lunch outing to garden centre or pub 11-1pm
- Bingo 1-1.30pm
- Gym sessions (unsupervised) 1-3pm
- Seated dance 1.30-2pm

Friday

- Podiatry 9am-3pm
- Gym sessions (unsupervised) 10am-1pm
- Card making (1st Friday of the month) 2-3pm