

# Elmbridge Centres for the Community

# activities programme

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## w/c 26 February 2024

Our Centres for the Community offer a warm welcome and a place where members can enjoy a range of services, from exercise classes to art clubs and advice sessions.

Centres are currently open from **10am-3pm** on the following days:

- Monday: Claygate, Cobham, Walton and Weybridge.
- Tuesday: Cobham, Hersham, Molesey and Walton
- Wednesday: Cobham and Walton
- Thursday: Claygate, Cobham, Walton and Weybridge
- Friday: Cobham, Hersham, Molesey and Walton

All Centres offer a three-course lunch from 12 noon to 1pm, except for the Community Café at Hersham Centre which offers a selection of meals throughout the day.

You can find details of all our Centres for the Community at [elmbridge.gov.uk/centres](http://elmbridge.gov.uk/centres)

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## Monday 26 February

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Hairdressing</b>	10am-3pm	Weybridge
<b>Podiatry</b>	10am-3pm	Cobham, Claygate
<b>Citizens Advice older people's advice drop-in</b>	10am-12noon	Weybridge
<b>Acupuncture</b>	10am-1pm	Cobham

<b>Gym</b>	10am-2pm	Cobham
<b>Seated exercise class 1</b>	10am-11am	Walton
<b>Stroke group</b>	10am-12noon	Walton
<b>Games</b>	10am-12noon	Weybridge
<b>Reflexology</b>	10am-2pm	Walton
<b>Tea Bar</b>	10am-2.30pm	Cobham, Walton, Weybridge
<b>Chair Yoga</b>	10.30am-11.30am	Claygate
<b>Parkinsons support Group</b>	10.30am-2.30pm	Claygate
<b>Chair Yoga</b>	11am-12noon	Cobham
<b>Seated exercise class 2</b>	11am-12noon	Walton
<b>Bingo</b>	1.15pm-2.15pm	Claygate
<b>TALK Aphasia Group</b>	1.45pm-3.45pm	Walton
<b>Grans Coffee Club</b>	1.30pm-3pm	Weybridge
<b>Gym Circuits Class</b>	2.30pm-3.30pm	Cobham

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## Tuesday 27 February

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Social Prescribing</b>	10am-12noon	Hersham
<b>Reflexology</b>	10am-2pm	Hersham
<b>Tea Bar</b>	10am-2pm	Hersham
<b>Podiatry</b>	10am - 1pm	Cobham
<b>Beautician</b>	10am-3pm	Walton
<b>Hairdressing</b>	10am-3pm	Cobham, Hersham
<b>Knit and Natter</b>	10am-11.30am	Hersham
<b>Social prescribing</b>	10am -2pm	Cobham

<b>Gym</b>	10am-3pm	Cobham
<b>Bridge</b>	10am-12noon	Hersham
<b>Chess</b>	10am-12noon	Hersham
<b>Breakfast</b>	10am-11am	Hersham
<b>Canasta</b>	10am-12noon	Walton
<b>Mah-jong</b>	10am-12noon	Hersham
<b>Podiatry</b>	10am-1pm	Cobham
<b>Scrabble</b>	10am – 12noon	Hersham
<b>Tea bar</b>	10am-2.30pm	Cobham, Walton
<b>Flower arranging</b>	10.30am-11.45am	Cobham
<b>Dementia Social Club</b>	10am-3pm	Walton
<b>Chair yoga</b>	11am-12noon	Cobham
<b>Quiz</b>	11am-11.30am	Molesey
<b>Lunch</b>	11.30am-1pm	Hersham
<b>Knit and sew circle</b>	12.30pm-2.30pm	Molesey
<b>Bingo</b>	1pm-1.45pm	Walton
<b>Quiz &amp; Bingo</b>	1pm-2pm	Cobham
<b>Yoga</b>	1pm-2pm	Molesey
<b>Pump-it weightlifting class</b>	1pm-1.45pm	Cobham
<b>Quiz and bingo</b>	1pm-2pm	Cobham
<b>Zumba</b>	1.30pm-2.30pm	Hersham
<b>Bridge</b>	1pm-3pm	Walton

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## Wednesday 28 February

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Gym</b>	10am-3pm	Cobham
<b>Zumba</b>	10am-11am	Cobham

<b>Tea bar</b>	10am-2.30pm	Cobham, Walton
<b>Wellbeing Walk</b>	10.30am-11.15am	Walton
<b>Dementia Social Club</b>	10.30am-2.30pm	Walton
<b>Line Dancing</b>	11.15am-12.15pm	Cobham
<b>Mah-jong</b>	12.30pm-3pm	Cobham
<b>Mah-jong</b>	10am-12noon	Walton
<b>Zumba</b>	1.30pm-2.30pm	Walton
<b>Cobham Voices</b>	1.30pm-2.30pm	Cobham
<b>Macular Society</b>	1.30pm-3.30pm	Walton
<b>Repair Café</b>	2pm-4pm	Walton

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## Thursday 29 February

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Podiatry</b>	10am-2pm	Walton, Claygate
<b>Beauty services</b>	10am-2pm	Claygate
<b>Hairdressing</b>	10am-2pm	Claygate
<b>Tea bar</b>	10am-2.30pm	Claygate
<b>Gym</b>	10am-3pm	Cobham
<b>Art</b>	10am-11.30am	Walton
<b>Parkinson's support group</b>	10am-1.45pm	Weybridge
<b>Tea bar</b>	10am-2.30pm	Cobham, Walton
<b>Chair based exercise</b>	1.15pm-2.15pm	Claygate
<b>Creative session</b>	10.30am-11.30am	Cobham
<b>Yoga</b>	11am-12noon	Cobham
<b>Elmbridge CAN Refugee Support Group</b>	12noon-2.30pm	Walton

<b>Afternoon Entertainment – U3A Jazz Band</b>	1.15pm-2.15pm	Claygate
<b>Circuits class</b>	1.30pm-2.30pm	Walton

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## Friday 1 March

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<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Hairdressing</b>	10am-2pm	Molesey
<b>Hairdressing</b>	10am-3pm	Walton, Hersham
<b>Chelsea FC exercise class</b>	10am-11am	Cobham
<b>Elmbridge CAN ESOL class</b>	10am-11.30am	Walton
<b>Tea bar</b>	10am-2.30pm	Cobham, Molesey, Walton, Hersham
<b>Games</b>	10am-11am	Molesey
<b>Dementia Social Club</b>	10.30am-2.30pm	Walton
<b>Boomerang Bags</b>	10am-12noon	Cobham
<b>Table Tennis</b>	11am-12noon	Cobham
<b>Gym</b>	11am-2.30pm	Cobham
<b>Table Tennis</b>	11am-12noon	Cobham
<b>Tai Chi</b>	12.30am-1.30pm	Molesey
<b>Computer Club</b>	1pm-3pm	Walton
<b>Quiz</b>	1.30pm-2.30pm	Cobham
<b>Tai Chi</b>	2.30pm-3.30pm	Walton