

ACTIVITIES in May 2019 in Elmbridge and Spelthorne

Useful addresses: - Joseph Palmer Centre, 319 Walton Rd, Molesey, West Molesey KT8 2QG

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	<p>10:30-12:30 Café, Joseph Palmer Centre</p> <p>11:00-13:00 Arts and Crafts, Joseph Palmer Centre</p>	<p>10:00-12:00 Walton Community Allotment, Terrace Road, Walton.</p>		<p>10:00-12:00 Cobham Community Garden, Leg O'Mutton Field, Cobham</p> <p>10:30-11:30 Circuit Training, Walton (2 and 9 May)</p>	<p>10:00-11:30 Men's Group, Joseph Palmer Centre</p> <p>11:00-13:00 5-a-side football, Walton Xcel Leisure Centre</p>	<p>10:00-11:00 Men's Bike ride, Joseph Palmer Centre (11 May)</p>
Afternoon	<p>14:00-17:00 Assertiveness Workshop, Joseph Palmer Centre (13 May)</p>	<p>15:00-16:30 Creative Writing, Joseph Palmer Centre (14 May)</p>	<p>13:15-14:15 Yoga, Walton Youth Centre (1, 8, 15 May)</p>	<p>12:30-14:00 Crafts Group, St Marys Church. (16 May)</p> <p>14:00-15:00 Walking group, Cowey Sale Carpark, Walton (16 May)</p>	<p>12:00-14:00 Body Image Workshop, Joseph Palmer Centre (17 May)</p> <p>13:00-15:00 OCD Course, Charity Houses, Walton (Begins 17 May, 4 wks).</p> <p>14:00-15:00 Crafts Group, Charity Houses, Walton.</p> <p>14:00-15:00 5-a-side Football, Leacroft Youth Centre</p>	
Evening		<p>19:00-20:15 Yoga, King George's Hall, Esher</p> <p>19:00-21:00 Anxiety Self Help Group, St John's Church, Walton (28 May)</p> <p>20:00-21:30 5-a-side Football, Walton Xcel Leisure Centre</p>			<p>17:00-18:00 Badminton, Spelthorne Leisure Centre</p>	

KEY BLUE = Elmbridge GREEN = Spelthorne RED = Courses

Please note that there won't be any activities or courses on the May bank holidays (6 and 27 May 2019). Courses due to run on those dates will skip a week and return the following week.