

ACTIVITIES in August 2019 in Elmbridge and Spelthorne

Useful addresses: - Joseph Palmer Centre, 319 Walton Rd, Molesey, West Molesey KT8 2QG
 Charity Houses, 1, The Quintet, Churchfield Rd, Walton, KT12 2TZ.
 Transform Housing, 35 Hersham Road, Walton, KT12 1LE

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	10:30-12:30 Café , Joseph Palmer Centre. 10:30-11:30 Free Badminton at Xcel , Walton Xcel Complex.	10:00-16:00 Walton Community Allotment , Terrace Road, Walton. 10:30-12:30 Meet Up Tuesday , Riverhouse Barn Arts Centre, Walton.	10:30-12:30 Summer Themed Art course , Joseph Palmer Centre <i>(Starts 14 August).</i> 11:00-12:00 Circuit Training , Transform Housing, Walton <i>(Starts 14 August).</i>	10:00-12:00 Cobham Community Garden , Leg O'Mutton Field, Cobham. 10:00-13:00 Friendship and Fishing group , Apps Court Farm, Walton.	10:00-11:30 Men's Group , Joseph Palmer Centre. 11:00-13:00 5-a-side football , Walton Xcel Leisure Centre.
Afternoon	16:00-17:00 Book Club , The Chelsea Flower shop Café, Hersham. Book: <i>The Hundred Year Old Man Who Climbed Out of the Window and Disappeared</i> <i>(On Bank Holiday Monday 26 August).</i>	15:00-16:30 Creative Writing , Joseph Palmer Centre <i>(13 August).</i>	13:15-14:15 Yoga , Walton Youth Centre	12:30-14:00 Crafts Group , St Marys Church <i>(15 August).</i> 13:00-15:00 Mindfulness workshop , Transform Housing, Walton <i>(29 August).</i>	14:00-15:00 Crafts Group , Charity Houses, Walton. 14:00-15:00 5-a-side Football , Leacroft Youth Centre.
Evening		19:00-20:15 Yoga , King George's Hall, Esher. 19:00-21:00 Anxiety Self Help Group , St John's Church, Walton <i>(27 August).</i>	17:00-18:30 Weight Management course , Charity Houses, Walton <i>(14 and 21 August).</i>		17:00-18:00 Badminton , Spelthorne Leisure Centre.

KEY – BLUE = Elmbridge GREEN = Spelthorne