

**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
<b>Morning</b>	10:00-16:00 <b>Men's 2-day Paddler Course</b> , Hampton Canoe Club, Hampton. <i>(23 and 24 Sept)</i>  10:30-12:30 <b>Café</b> , Joseph Palmer Centre.  11:00-13:00 <b>Art &amp; Crafts</b> , Joseph Palmer Centre.	10:00-16:00 <b>Walton Community Allotment</b> , Terrace Road, Walton.  10:30-12:30 <b>Meet Up Tuesday</b> , Riverhouse Barn Arts Centre, Walton.	11:00-11:45 <b>Couch to 5k</b> , Meeting outside The Anglers pub, Walton. <i>(Starts 18 Sept, 9 weeks)</i>	10:00-13:00 <b>Friendship and Fishing group</b> , Apps Court Farm, Walton.  10:30-12:30 <b>Autumn Themed Art course</b> , Transform Housing, Walton. <i>(Starts 12 Sept, 4 weeks)</i>	10:00-11:30 <b>Men's Group</b> , Joseph Palmer Centre.  11:00-13:00 <b>5-a-side football</b> , Walton Xcel Leisure Centre.
	16:00-17:00 <b>Book Club</b> , The Chelsea Flower shop Café, Hersham. Book: <i>Vanishing Acts</i> by Jodi Picoult <i>(23 Sept)</i>	15:00-16:30 <b>Creative Writing</b> , Joseph Palmer Centre. <i>(10 Sept)</i>	13:00-15:00 <b>Confidence Building course</b> , Charity Houses, Walton. <i>(Starts 18 Sept, 4 weeks)</i>  13:15-14:15 <b>Yoga course</b> , Walton Youth Centre. <i>(Starts 11 Sept)</i>	12:00-14:00 <b>Budgeting Course</b> , Joseph Palmer Centre <i>(Starts 19 Sept, 4 weeks)</i>  12:30-14:00 <b>Crafts Group</b> , St Marys Church. <i>(19 Sept)</i>  14:00-15:00 <b>Cricket lessons</b> , East Molesey Cricket Club. <i>(Starts 19 Sept, 6 weeks)</i>	14:00-15:00 <b>Crafts Group</b> , Charity Houses, Walton.  14:00-15:00 <b>5-a-side Football</b> , Leacroft Youth Centre.
<b>Evening</b>		19:00-20:15 <b>Yoga</b> , King George's Hall, Esher.  19:00-21:00 <b>Anxiety Self Help Group</b> , St John's Church, Walton. <i>(24 Sept)</i>			17:00-18:00 <b>Badminton</b> , Spelthorne Leisure Centre.

Activities in green boxes are in Spelthorne.