

ACTIVITIES in April 2019 in Elmbridge and Spelthorne

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	10:30-12:30 Café , Joseph Palmer Centre 11:00-13:00 Arts and Crafts , Joseph Palmer Centre	10:00-12:00 Walton Community Allotment , Terrace Road, Walton.		10:00-12:00 Cobham Community Garden , Leg O'Mutton Field, Cobham 10:30-11:30 Circuit Training , Walton (Begins 11 April)	10:00-11:30 Men's Group , Joseph Palmer Centre 11:00-13:00 5-a-side football , Walton Xcel Leisure Centre
Afternoon	14:00-17:00 Positive Thinking , Joseph Palmer Centre (29 April)	15:00-16:30 Creative Writing , Joseph Palmer Centre (9 April)	13:15-14:15 Yoga , Walton Youth Centre.	12:30-14:00 Crafts Group , St Marys Church. (18 April) 14:00-15:00 Walking group , Cowey Sale Carpark, Walton (18 April) 12:40-14:15 Exercise at Xcel (Free transport) , Walton.	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 (23 April) 20:00-21:30 5-a-side Football , Walton Xcel Leisure Centre			17:00-18:00 Badminton , Spelthorne Leisure Centre

KEY

Please note that no courses or activities will run on Bank Holidays.