

## ACTIVITIES in March 2019 in Elmbridge and Spelthorne

**Useful addresses: -** Joseph Palmer Centre, 319 Walton Rd, Molesey, West Molesey KT8 2QG  
 St Peters Church, Laleham Road, Staines, TW18 2DX

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	10:30-12:30 <b>Café</b> , Joseph Palmer Centre  11:00-13:00 <b>Arts and Crafts</b> , Joseph Palmer Centre	10:00-12:00 <b>Walton Community Allotment</b> , Terrace Road, Walton.		10:00-12:00 <b>Cobham Community Garden</b> , Leg O'Mutton Field, Cobham.	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
<b>Afternoon</b>		15:00-16:30 <b>Creative Writing</b> , Joseph Palmer Centre (12 March)  13:30-15:00 <b>Peer Support Group</b> , Staines Community Centre.	13:15-14:15 <b>Yoga</b> , Walton Youth Centre.	12:30-14:00 <b>Crafts Group</b> , St Marys Church. (21 March)  12:40-14:15 <b>Exercise at Xcel (Free transport)</b> , Walton. (From 7 March)  13:00-15:00 <b>Social Workshop</b> , St Peters Church Staines  13:00-15:00 <b>Healthy Eating course</b> , St Peters Church, Staines (From 7 March)	14:00-15:00 <b>Crafts Group</b> , Charity Houses, Walton.  13:00-15:00 <b>Anxiety Management course</b> , Joseph Palmer Centre (Ends 15 March)  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 (26 March)  20:00-21:30 <b>5-a-side Football</b> , Walton Xcel Leisure Centre			17:00-18:00 <b>Badminton</b> , Spelthorne Leisure Centre

**KEY**

**BLUE** = Elmbridge    **GREEN** = Spelthorne    **RED** = Courses