



Activity list for Community Centres in Woking - January 2010

All Community Centres offer a daily meal service as well as a special meal service from time to time. Advance ordering for meals are advisable. There is also a café where you can order teas, coffees and light snacks.

The Centres also offer a hairdressing service, massages, trips, holidays, foot care service (Chiropody) and an assisted bath service (TUBS). Ask your centre volunteer for more information about these services.

Parkview is one of our new centres, so not all activities and services are available here, please check before you visit.

There is a full programme of healthy and enjoyable activities for everyone at each centre.

Moorcroft Community Centre



Old School Place

Westfield

Woking

GU22 9LY

Tel: 01483 743373 Email: moorcroft@woking.gov.uk

Monday		10am -11am 2pm - 3.30pm	Well Balanced Bingo
	No card required for the following activities Tubs available by appointment Toenail Cutting Service – all day		
Tuesday		10am – 12pm 10am - 2.30pm 1.30pm - 5pm 1.30 pm - 4.45pm	Art and craft Scrabble Short Mat Bowls Bridge
	No card required for the following activities Tubs available by appointment 7pm - 8.30pm Hatha Yoga (Slow paced stretching class with simple breathing exercises)		
Wednesday		11am -12pm 1.30pm -3.30pm	Chair based Yoga alternative weeks Roy's Tea Dance/ Hoy (card games)/ Tea dance/Quiz alternative Wed
	No card required for the following activities Chiropodist – afternoon only 6.30-9pm Slimming World		
Thursday		10am - 11am 11.10am - 1.10pm 11.15am - 12.15pm 1.30 pm - 4pm	Well Balanced Drop in for computer help Chats for All, Guest speakers 2 nd and 4 th weeks of month Breath-easy, monthly support group, check office for dates
	No card required for the following activities Tubs available by appointment Toenail Cutting Service – morning only		
Friday		11am - 12pm 2pm – 3.30pm	Tai Chi Bingo






“Woking Borough Council – Enriching the well-being of the community”

www.woking.gov.uk



The Vyne Community Centre Activity List as at January 2010

Broadway
Knaphill
Woking
GU21 2SP
Tel: 01483 743558 Email: vyne@woking.gov.uk

Monday		9.30am - 10.30am 1.45pm - 4.45pm	Yoga Bingo
	No card required for the following items 7.30pm - 9.00pm The Cabin (Youth Café) 7.30pm - 8.30pm Yoga		
Tuesday		9am - 10.30am 9am - 1pm 10.30am 1pm - 2pm 2.15pm - 4pm	Brush Strokes Reflexology for MS Sufferers Best Foot Forward (Monthly Walking Group) 1 st Tuesday of Month Well Balanced Creative Dance workshop
	No card required for the following activities 7pm - 9pm Stepping Stones (2 nd Tue each month) – Children’s programme 4.30pm Pop mobility (Children Various Ages) 6.30pm - 8.45pm - Pilates 7.30pm – 9pm - Yoga		
Wednesday		9am -1pm 9.45am -12pm 1.15pm - 2pm 2.15pm - 3pm 1.30pm - 3pm	Reflexology for MS Sufferers Short Mat Bowls Line Dancing Line Dancing Whist (card games)
	No card required for the following activities 4pm - 7pm Term time Jenny Reed School of Dance 6.30 pm -8.45pm Pilates 7.30pm - 8.30pm Yoga		
Thursday		10am -12pm 12.30pm -1.30pm 2pm – 4pm 2pm - 3.30pm 4.45pm - 5.45pm	Craft Sessions Line Dancing Beginners Sequence Dancing Writer’s Circle Pilates
	No card required for the following activities Knaphill Bingo evening		
Friday		10.30am - 11.30am 11.30am - 12.30pm 1pm - 3pm 3pm - 5pm	Tai Chi Singing for fun Tea Dances (2 nd and 4 th Friday of each month) Bridge
	No card required for the following activities 3.10pm - 7.10pm Term time Jenny Reed School of Dance 7.30pm - 9.30pm Short Mat Bowls		

“Woking Borough Council – Enriching the well-being of the community”

www.woking.gov.uk








St Mary's Community Centre Activity Centre List as at January 2010

Stream Close

Byfleet

KT14 7LZ

Tel: 01483 743877 Email: stmary's@woking.gov.uk

Monday		9am - 10am 2pm - 4pm 2pm - 3pm	Chi Ball Tea Dance - first Monday of every month Short Mat Bowls
	No card required for the following activities 9am TUBS by appointment 9am Toenail Cutting Service 7pm - 8pm Aerobics		
Tuesday		9am -1pm 10.30am 10.30am - 11.30am 11.30am - 12.30pm 11am - 12.30pm 2pm - 3pm	Hairdressing by appointment Manicure Tai Chi Advanced Tai Chi Beginners Flicks on 50 inch Plasma TV Stretch and Tone Classes
	No card required for the following activities 9am TUBS by appointment 9am Chiropody alternative week by appointment 9am -12pm U3A Monthly meetings, check with office 6.30pm - 8.30pm Weight Watchers 6.15pm - 8.30pm Pilates 7.15pm - 8.15pm Chi Ball		
Wednesday		10am - 12pm 11am - 12.30pm 2pm -3pm	District Nurse Clinic St Mary's Quiz Bingo
	No card required for the following activities 7pm Yoga 7.15pm-10.00pm Healing Sessions		
Thursday		9am -1pm 10.30am 11am - 12pm 11am - 12pm 3.15pm - 3.45pm 3.45pm - 4.45pm	Hairdressing by appointment Manicure Armchair Yoga - 1 st and 3 rd Thursday of each month Extend Exercises - 2 nd and 4 th Thursday of each month Line Dancing Beginners Line Dancing Advanced
	No card required for the following activities 9am TUBS by appointment 8.30pm - 10pm Parkinson's Society		
Friday		11am - 12pm 11am - 12pm 2pm -3pm	Art Class Darts Bingo

"Woking Borough Council – Enriching the well-being of the community"

www.woking.gov.uk




Parkview Community Centre Activity List as January 2010

Blackmore Crescent

Sheerwater

GU21 5NZ

Tel: 01483 743974 Email: parkview@woking.gov.uk

Monday		10.30am -12.30pm 11am - 3pm	Photography Group Power touch specialist massage therapies
	No card required for the following activities 9am - 5pm Chiropody 4.30pm - 8pm MEND 7pm - 8pm Pilates 7.30pm - 8.30pm Moves Fitness 8pm – 9pm Body Combat (female session only)		
Tuesday	No card required for the following activities 9am - 5pm Chiropody 10.30am -11.30am Line Dancing 7.30pm - 8.30pm Ballroom/Latin 8.30pm - 9.30pm U turn Hip Hop/Street Dance		
Wednesday		1.30pm - 2.30pm 2.30pm - 5pm	Bingo Tea Time to Dance
	No card required for the following activities 10am - 11am Linda's workout 11.15am - 12.45pm Hilary's Yoga Pilates 7pm - 8pm Community Weight Challenge		
Thursday		11am - 3pm Power touch specialist massage therapies	
	No card required for the following activities 9am - 5pm Chiropody 10am - 11am Linda's 50+ fitness 11am - 12pm 60+ fitness 12.30pm - 2.30pm Basic Computer Skills 4pm - 7.15pm Allegro Dance 5.30pm - 8pm MEND		
Friday	No card required for the following activities 9am - 5pm Chiropody 9.30am - 11.30am Poppies (Autistic children's support group) 4.30pm - 7.15pm Allegro Dance		
Saturday	No card required for the following activities 9.30am - 2.15pm Allegro Dance academy, All ages tap, ballet and modern		

“Woking Borough Council – Enriching the well-being of the community”

www.woking.gov.uk