

Regular activities at The Vyne 01483 743 558 / GU21 2SP

Mondays

Yoga, 9.30am to 10.30am (Jan Nunnery 07909 505 616) *waiting list at present*
Boccia, 10.45am to 12pm
Syrian conversation café in the Wellbeing Room, 12.30pm to 2pm
Bingo, 1.45pm to 3.15pm
Whist group, 1.30pm to 3pm
Citizens Advice Bureau (every week), 1pm to 4pm
Dance fitness, 6.15pm to 7.15pm (Veronica 07545 881 351)
Clubbercise with Lucy, 7.30pm to 8.30pm (Lucy Stevens 07592 473 119)

Tuesdays

Brush strokes (art), 10am to 12pm *new members welcome*
Scrabble group in café area, 10.30am to 11.30am *free activity*
Well balanced exercise for strength and agility, 1pm to 2pm
Creative dance group, 2pm to 4pm
Best foot forward walking group (1st Tues of the month), 10am
Pilates with Roz, 4.45pm to 5.45pm and 6pm to 7pm (07860 764 715)
Yoga, 7.30pm to 9pm (Jean Vanek 07779 832 145)
Pilates, 6.30pm to 8.45pm (Jana 01483 223 078)

Wednesdays

Short mat bowls, 9.45am to 12pm *waiting list at present*
Prayer & Share (1st Wed of the month), 10am to 10.45am
Computer Class with David, 10am to 11am
Games hour in the Orchard Room, 11am to 12pm, *weekly free event*
Line dancing, 1pm to 3pm
Chair pilates with Bea in the Orchard Room, 11.15am to 12.15pm (07941 220 815)
Reflexology appointments, 07770 484 592
Pilates, 6.30pm to 8.45pm (Jana 01483 223 078)

Thursdays

'TALK' supporting Dysphasia recoveries after stroke, 10am to 12pm
Line dancing, 12.30pm to 1.30pm
Craft sessions in the Orchard Room, 10am to 12pm, £3 per session
Sequence dance (1st, 3rd & 5th Thurs), 2pm to 4pm
Woking carers' group (1st Thurs of the month), *by invite only*
Tea dances (2nd & 4th Thurs), 2pm to 4pm
Writers' circle, 2pm to 3.30pm
Yoga with Jean, 7.30pm to 9pm (Jean Vanek 07779 832 145)
Knaphill bingo, 7.15pm to 9.15pm

Fridays

Tai Chi, 10.15am to 11.15am *waiting list at present*
DeVyne singers choir, 11.30am to 12.30pm
Colouring for adults, 11am to 12pm
Well balanced exercise for strength and agility, 1pm to 2pm
Bridge club, 2pm to 4pm
Jenny Reeds School of Dance (term-time), 3.10pm to 7.10pm
Short mat bowls, 7.30pm to 9.30pm *waiting list at present.*

Saturdays

Woking Society of Art (1st Sat of each month), 1.30pm to 5pm, 07613 167 413

Other services provided at The Vyne

Shears hairdressing, Monday to Friday, 01483 743 559
Footcare with Tim, 07886 670 221
Foot health practitioner with Emma Dunne, 07961 316 839
Foot health practitioner with Kerry Swsanepoel (Fridays), 07810 227 632
Reflexology with Yvonne Longman, 07770 484 592

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