

**THE SPORTS PAVILION, BENNER LANE, WEST END, GU24 9JP**

**WHAT'S ON**

	MORNING	AFTERNOON	EVENINGS
<b>MONDAY</b>	<p align="center"><i>TRINGHAM DAY CENTRE</i> 10.00am - 3.00pm</p> <p align="center"><i>ESSENTIAL THERAPIES</i> 10.30am - 2.30pm (small room)</p>		
<b>TUESDAY</b>	<p align="center"><i>WEST END TODDLERS</i> 9.30am - 11.30am</p>		<p align="center"><i>GARDEN CLUB (4th Tuesday)</i> 7.30pm - 9.30pm</p>
<b>WEDNESDAY</b>	<p align="center"><i>CHILDMINDERS</i> 9.30am - 11.30am</p>		<p align="center"><i>W.I. (2nd Wednesday)</i> 8.00pm - 9.30pm</p>
<b>THURSDAY</b>	<p align="center"><i>WEST END TODDLERS</i> 9.30am - 11.30am</p>	<p align="center"><i>TABLE TENNIS FOR ALL</i> 2.30pm - 4.30pm</p>	<p align="center"><i>JAI DEE YOGA</i> 6.30pm - 9.30pm</p>
<b>FRIDAY</b>	<p align="center"><i>TRINGHAM DAY CENTRE</i> 10.00am - 3.00pm</p> <p align="center"><i>MUSIC WITH MUMMY</i> 10.05am - 11.05am</p>		<p align="center"><i>KEEP FIT</i> 6.30pm - 7.30pm</p>
<b>SATURDAY</b>		<p align="center"><i>ESSENTIAL THERAPIES</i> 1.00pm - 5.00pm (small room)</p>	
<b>SUNDAY</b>			

**Childminders**

Meet at the Pavilion every Wednesday. For more information call Lesley Tweedie on 07940 815621

**Essential Therapies**

The college offers internationally recognised courses in Anatomy & Physiology, Massage & Reflexology for people returning to work after a family or a career change. The courses are flexible and cater for working people, mum's etc. For more information contact Carole Armstrong on 01483 475833 or 07710 799701. Email [caroleteaching@live.co.uk](mailto:caroleteaching@live.co.uk) Website [www.naturecareguildford.co.uk](http://www.naturecareguildford.co.uk)

**Garden Club**

Quarterly newsletter, plus a lively social programme for all members and guests. New members are always welcome: just £5 for single, £8 for joint membership. Please come to a meeting or contact either Nialoui Wolf on 01276 503006 or Judy Douch on 01483 475133.

**Keep Fit**

For more information contact Sylvia on 07966 659413

**Music with Mummy**

A lively approach to music for children aged four and under. For further details call Lucy Martin on 07511 493244 email: [lucy@musicwithmummylightwater.co.uk](mailto:lucy@musicwithmummylightwater.co.uk)

**Jai Dee Yoga**

Sheree offers a variety of classes with a Hatha and Vinyasa style. An opportunity to take time for yourself that can sometimes be rare. Focus the mind and leave any thoughts or distractions aside whilst you join us on the mat. Email [thai\\_fitclasses@hotmail.co.uk](mailto:thai_fitclasses@hotmail.co.uk)

**Table Tennis for all**

Fun table tennis and refreshments. All welcome. For more information tel. 01276 858553

**Tringham Day Centre**

We are a centre for old folks to meet friends, have lunch together, play games or just chat. We can collect you from your door and drop you home again. For more information contact Jane Cox on 07506 461600

**West End Toddlers**

Tuesday and Thursday mornings term time only. Babies and toddlers welcome (up to age 5) £2.00 per family. Contact Kristy on 07867 893798

**W.I.**

Why not come and join our friendly group at the Women's Institute? Our programme includes visiting expert speakers talking on a wide range of interesting subjects. Join in the social outings, organised walks or lunches out. A place to chat and meet new and old friends over refreshments and a cup of tea or coffee.