



Mole Valley Life
SOCIAL

**Living and Ageing Well Week Activities
Monday 24 - Saturday 29 June**

Monday 24 June

Older Adults Swim

Dorking Sports Centre | 9am | £2.65 (one hour session)

Gentle Exercise Class (Aerobics Style)

Leatherhead Leisure Centre | 9.30 - 10.30am | from £4.50

Tai Chi | Dorking Christian Centre | 10am | £2.50

Diabetes Walk & Talk

Leatherhead Leisure Centre | 10am | free

Dementia Screening: Sometimes Always Never

Dorking Halls | 10.30am | £6.50

Walking Netball

Leatherhead Leisure Centre
12.30 - 1.30pm & 2.30 - 3.30pm | from £2

50+ Aerobics

Dorking Sports Centre | 1pm | £3.50 (free to members)

Brain Games | Fairfield Centre | 1pm | free

Walk for Health

Meet at Pippbrook Council Entrance | 1.30pm | free

Quiz Afternoon | Fairfield Centre | 2pm | free

Falls Prevention

Dorking Sports Centre | 2pm | £3.50 (free to members)

Bridge U3A | Dorking Christian Centre | 2pm | £2

Table Tennis | Dorking Christian Centre | 3pm | £2

Book Club

23 The Crescent, Leatherhead | 6.30pm | free
01372 375400 | maryfrancestrust.org.uk

English National Opera Encore: Pirates of Penzance

Dorking Halls | 7.30pm | from £14.50

Fairfield Centre

Leret Way, Leatherhead, KT22 8AH

Offers a 'home cooked' two course lunch Monday to Friday between 12 - 1pm in their dining room and a range of snacks and drinks in the cafe from 10am to 3pm.

Tuesday 25 June

Hairdressing | Fairfield Centre | from 8.30am | from £14

Pilates | Fairfield Centre | 9.25am | £8

Walking Football

Meadowbank Football Club | 10am | £3
01372 384744 | Emma.Barnes@SurreyFA.com

Art with Beccy

23 The Crescent, Leatherhead | 10am | free
Booking essential - 01372 375400 | maryfrancestrust.org.uk

Walk for Health

Meet at Pippbrook Council Entrance | 10.30am | free

Otago - Strength & Balance

Fairfield Centre | 10.35am | £6

Chair Exercises | Dorking Christian Centre | 11am | £3

Retired Recreation

Leatherhead Leisure Centre | 1.30 - 3.30pm | from £3.10

Age Concern Mole Valley Computer Course

Fairfield Centre | 1.30pm | free | 01306 899104

Knit, Natter & Sew | Fairfield Centre | 1.30pm | free

Lip Reading

Fairfield Centre | 1.30pm | first class free
Booking essential - anita4lipreading@gmail.com

Upwords | Dorking Christian Centre | £1

Mole Valley Orienteering Club

Nonsuch Park, Cheam | 6 - 8.30pm | £5
mvoc.org | davidfisher99@virginmedia.com

The Brigette Trust Afternoon Tea & Talk

Oddfellows Hall, Leatherhead | 2pm | donation
01306 877792 | mid-surrey@oddfellows.co.uk

Latin American Drumming Workshop

The Training Hut Pippbrook, Dorking (By Dorking Bowls Club)
2 - 3pm | free - refreshments provided

Simply Scones

Grange Conservatory, Rectory Lane, Bookham
2 - 3.30pm | £4.50 | Booking essential 01372 452608

Senior Aqua Aerobics

Leatherhead Leisure Centre | 3 - 3.45pm | from £4.50

Yoga Gold | Fairfield Centre | 3.15pm | £9

Leatherhead (Swans) Leisure Centre

Kurling | Boccia | Swimming | Bowls | Bingo | Gym
Disabled users | membership required
info@leatherheadswans.co.uk

Wednesday 26 June

Hairdressing

Dorking Christian Centre | from 8.30am | from £11

Line Dancing

Fairfield Centre | 10am | free

Age UK Go 50 Walk

Bocketts Farm | 10.15am | donation
01483 503414 | go50@ageuksurrey.org.uk

Walk for Health

Bookham Common | 10.30am | free

Age UK Go 50 Walk

Box Hill (Ryka's Meeting Point) | 10.30am | donation
01483 503414 | go50@ageuksurrey.org.uk

Mary Frances Trust

23 The Crescent, Leatherhead, KT22 8DY
maryfrancestrust.org.uk | 01372 375400

A charity supporting mental health and promoting wellbeing.

Butterfly Café

23 The Crescent, Leatherhead | 11am - 2pm
Registration required
01372 375400 | maryfrancestrust.org.uk

Sing Along with Nigel

Fairfield Centre | 1pm | £1

Women's Group

23 The Crescent, Leatherhead | 1.30pm | free
Registration required
01372 375400 | maryfrancestrust.org.uk

Social Tea & Dance

Dorking Christian Centre | 2pm | £2

Home Instead Reminiscence Café

Fairfield Centre | 2.30pm | £1.50

Older Adults Swim

Dorking Sports Centre | 3pm | £2.65 (1 hour session)

Back to Netball

Dorking Sports Centre | 5.30pm | £3
Registration required.
01372 375400 | maryfrancestrust.org.uk

Thursday 27 June

Older Adults Swim

Dorking Sports Centre | 9am | £2.65 (1 hour session)

50+ Aerobics

Dorking Sports Centre | 9.15am | £3.50 (free to members)

Zumba Gold

Fairfield Centre | 9.25am | £6

Gentle Exercise Class (Aerobics Style)

Leatherhead Leisure Centre | 9.30 - 10.30am | from £4.50

Sequence Dancing

Dorking Christian Centre | 10am | £2

Walk for Health

Denbies Car Park | 10.30am | free

Leatherhead Leisure Centre | 10.30am | free

Tai Chi

Fairfield Centre | 10.30am | £7

Age Concern Mole Valley: Computer Drop-in

Fairfield Centre | 10am

Confidence Building

Ashtead Peace Memorial Hall | 2pm | free
Registration required.

01372 375400 | maryfrancestrust.org.uk

Art Group

Fairfield Centre | 1.30pm | £3

Bridge

Dorking Christian Centre | 2pm | £2

Retired Recreation

Leatherhead Leisure Centre | 1.30 - 3.30pm | from £3.10

Senior Aqua Aerobics

Leatherhead Leisure Centre | 3 - 3.45pm | from £4.50

Men's Group

23 The Crescent, Leatherhead | 7pm | free
Registration required

National Theatre Encore: Small Island

Dorking Halls | 7.30pm | from £15.50

Lipstick On Your Collar

Dorking Halls | 8pm | £23

Friday 28 June

Hairdressing

Dorking Christian Centre | from 8.30am | from £11

Cuppa & Cake Morning

Grange Conservatory, Rectory Lane, Bookham
10 - 11.30am | 01372 452608 | grangecentre.org.uk

Otago - Strength & Balance

Fairfield Centre | 10.30am | £6 | Booking essential

Word Games & Puzzles

Fairfield Centre | 10.30am | free

Table Tennis U3A

Dorking Christian Centre | 11am | £2

Butterfly Café

23 The Crescent, Leatherhead | 11am - 2pm
Registration required
01372 375400 | maryfrancestrust.org.uk

Bingo

Fairfield Centre | 1pm | 30p a book
Dorking Christian Centre | afternoon | £1 per book

Brain Games

Fairfield Centre | 1pm | free

Tea & Cake | Singing for Health

Fairfield Centre | 2pm | £3

Older Adults Swim

Dorking Sports Centre | 1.30pm | £2.65 (1 hour slot)

No Strings 50+ Badminton

Dorking Sports Centre | 2pm | £3.50 | free to members

Table Tennis | Dorking Christian Centre | 2pm | £2

Chiropody

Dorking Christian Centre | Reduced price
Booking essential

Cloudbusting - 40 Years of Kate Bush

Dorking Halls | 8pm | from £20

Dorking Christian Centre

Church Street, Dorking, RH4 1DW

At the very heart of Dorking town centre offering a wide variety of activities Monday to Saturday. The centre's café is open from 10am each day serving tea, coffee and cake with home-cooked lunches from midday.

Saturday 29 June

Basic Mental Health First Aid For Men

23 The Crescent, Leatherhead | 11am - 2pm | free
Registration required
01372 375400 | maryfrancestrust.org.uk

Saturday Lunch

Dorking Christian Centre | 12.30pm | £3.80

Beginners' Bridge

Dorking Christian Centre | 2pm | £2

Loves Labour Lost

Polesden Lacey | 2.30pm | £12

Michael Starring Ben

Dorking Halls | 7.30pm | £26

Dorking Cafe

4 Lyons Court, Dorking, RH4 1AB

Cafe open Thursdays and Fridays from 9.30am for tea, coffee and home-made cake. Hot lunch served from 12-2 with daily specials. All the delicious food is made and served by people with learning disabilities who are training in catering at The Grange.

Dorking Christian Centre

Church Street, Dorking, RH4 1DW
01306 886830 | dorkingchristiancentre.org.uk

Dorking Halls

Reigate Road, Dorking, RH4 1SG
01306 881717 | dorkinghalls.co.uk

Dorking Sports Centre

Reigate Road, Dorking, RH4 1SN
01306 870180 | placesleisure.org

Fairfield Centre

Leret Way, Leatherhead, KT22 8AH
01372 376058

Leatherhead Leisure Centre

Guildford Road, Leatherhead, KT22 9BL
01372 377674 | fusion-lifestyle.com

Walk for Health

01306 885001 | molevalley.gov.uk/walkforhealth

The Grange

4 Lyons Court, Dorking, RH4 1AB
01372 452608 | grangecentre.org.uk



Mole Valley Life

MOBILE • INDEPENDENT • SOCIAL



Your Life. Your Journey. Share it with us.

Mole Valley Life promotes independence and dignity offering solutions to residents who may require assistance in their everyday lives.



molevalleylife.co.uk | 01372 204500

 @molevalleylife  @molevalley_life