



Spelthorne Parkies Support Group

Dates for the Diary!

For further information about the Group, please contact Jason Lane on 07793 351208 or email spelthorneparkies@outlook.com

Jul-24				
Day	Date	Activity	Time	Location
Tuesday	02-Jul	Fitness Session (With Rory)	11:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	03-Jul	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	04-Jul	Parkies Pub Gathering	CANCELLED	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	05-Jul	FORTIS Session**	18:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	06-Jul	Move to Music	14:00	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	10-Jul	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	12-Jul	Fitness Session (With Michelle)	19:00	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	16-Jul	Fitness Session (With Rory)	11:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	17-Jul	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	20-Jul	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Wednesday	24-Jul	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	26-Jul	Fitness Session (With Michelle)	19:00	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	30-Jul	Fitness Session (With Rory)	11:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	31-Jul	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ



Spelthorne Parkies Support Group

Aug-24

Day	Date	Activity	Time	Location
Thursday	01-Aug	Parkies Pub Gathering	18:00	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Wednesday	07-Aug	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	09-Aug	Fitness Session (With Michelle)	19:00	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	10-Aug	Move to Music	14:00	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	13-Aug	Fitness Session (With Rory)	11:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	14-Aug	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	16-Aug	FORTIS Session**	18:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	17-Aug	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Wednesday	21-Aug	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	23-Aug	Fitness Session (With Michelle)	19:00	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Tuesday	27-Aug	Fitness Session (With Rory)	11:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	28-Aug	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ

Sep-24

Day	Date	Activity	Time	Location
Wednesday	04-Sep	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Thursday	05-Sep	Parkies Pub Gathering	18:00	Hazel Wood Centre, Hazelwood Drive, TW16 6QU (London Irish Club)
Friday	06-Sep	Fitness Session (With Michelle)	19:00	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ

Spelthorne Parkies is registered under Parkinson's UK. Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London, SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC037554). © Parkinson's UK, January 2010. Patron: HRH The Duchess of Gloucester GCVO



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Tuesday	10-Sep	Fitness Session (With Rory)	11:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	11-Sep	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	14-Sep	Move to Music	14:00	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Wednesday	18-Sep	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	20-Sep	Fitness Session (With Michelle)	19:00	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Saturday	21-Sep	Parkies Coffee Morning	11:00 - 12:30	Notcutts Café Garden Centre, Staines Road, Laleham, TW18 2SF
Tuesday	24-Sep	Fitness Session (With Rory)	11:30	The Thames Club, Wheatsheaf Lane, Staines TW18 2PD
Wednesday	25-Sep	Pilates (Chaired based) with Michelle**	13:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ
Friday	27-Sep	FORTIS Session**	18:30	Spelthorne Leisure Centre, Knowle Green, Staines TW18 1AJ

****FORTIS/Pilates Sessions – Please note that this session has limited places. Please ensure you book this session with Jason and the team. £6 per participant paid on the day**

Carers Coffee Morning runs once a month. For dates and times, please contact Nicci on 07776 186441

**New Egham Singers
Summer Picnic
& Proms Concert**

**Saturday 6th July, 6pm
St John's Church, Egham**

Featuring pop favourites such as Waterloo and 9 to 5, and classical tunes including Abide With Me. Bring along a picnic to enjoy in the interval. Doors open to the audience at 5.15pm to set up picnic blankets/chairs.

Tickets: £14
(£7 for under 12s)
[www.ticketsource.co.uk/
new-egham-singers](http://www.ticketsource.co.uk/new-egham-singers)

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