

Activities & Information

DANCING	DATE	TIME	CONTACT
Glitters Ballroom Dancing	Friday 6 & 20	8.30pm—11pm	David 07903 314276
Ceroc	Tuesdays	8pm—11pm	cc.cerocsurrey@yhaoo.co.uk
SALSA CLASSES For Beginners No partner required	WEDNESDAY	8.30pm—9.30pm	07584 188481 www.lovetosalsa.co.uk No booking required
Tea Dances	Thursdays	1.30pm— 4pm	Mr Wonderful 01322 290751
EXERCISE CLASSES	DATE	TIME	CONTACT
Liz Daffen Yoga Pre & Post Natal Classes	Mondays	19.00-20.00pm	yoga@lizdaffen.co.uk 07779 622628 www.lizdaffen.co.uk
Pilates	Monday Wednesday	6.30—8.30pm 7pm—9pm	Imogen 020 8393 6839
Tai Chi	Fridays	1.15pm—2.30pm	David Caine 07984724359
Yoga	Tuesdays	7pm—8.30pm	Claire 07989 533431
Pilates Every Friday Morning	Fridays	9.15am—10.15am	Sharon Newman 020 8393 3970/07805932801
Ready Steady Go Kids Childrens Activities & Exercise Classes	Thursdays	Mornings	Kathy Bees 08006906591 info@rsgk.co.uk
Get Active 50+ Medau Movement Exercise class	Mondays £24 for 8 classes	10—11 am	Samantha Kerbey 07955 437363 samanthakerbey@gmail.com
Get Active 50+ Strength & Balance Classes	Starts Tuesday 31 Free taster class on Tuesday 24	10—11 am	Nikki 07708 748898 nikki@skinnyjeansfitness.co.uk
BodyFit Clinic	Physio Massage Therapy	Sports Injury	020 8393 9571 Ivor
Pop into Bourne Hall Coffee Shop for a cuppa and a catch up	Open Tues-Sat 10am—4pm		Sandwiches, cakes, snacks, Ice cream, drinks, Kiddies lunch boxes and much more

FOYER ART EXHIBITIONS
EPSOM & EWELL PARTNERSHIP OF SCHOOLS
AUTUMN FAIR—EPSOM & EWELL ART GROUP

MEETINGS	DATE	TIME	CONTACT
National Trust	Monthly	8pm - 10pm	alanharding71@gmail.com
U3A	Monday 2	10am-12.00pm	www.u3asites.org.uk/epsom-ewell
Weightwatchers	Mondays	5.45pm - 8pm	08457 123000
Embroidery Club New members welcome	Tuesdays	10am—12pm	Pauline 0208 8391 1116 dandp@blueyonder.co.uk
Acacia Bridge Club	Wednesdays	7.30pm-10.30pm	David Sims 020 8224 3219
E & E Art Group	Wednesdays	7.30pm—9.30pm	Mr R Seymour 01372 727482
Bourne Hall Art Workshop	Wednesdays	2pm—4pm	Elaine 0208 393 9452 Ann Burt 0784020345
WEA—Adult Learning	Weekdays	10am—12pm	Mr R G McVey 01372 361548
East Surrey College	Adult Learning Classes	Enquiries	01737 788444
SCC Staff Retirement	Monthly	2pm—4pm	Chris & Kay Foale 0208 330 3855
British Gas (Retired)	Monthly	1.30pm—4pm	Mr R Evans 01344 779173
Ewell Hort. Assoc.	Monthly	7.30pm—10pm	lynnemason59@btinternet.com
Epsom Speakers	Enquiries	8pm—10pm	lan.upton@metron-athene.com
First Class Learning Maths & English	Wednesdays	3.30pm—5.30pm	Enquiries 07429246373 ewell@firstclasslearning.co.uk
Stagecoach Theatre Arts	Singing, Drama & Dance Classes	Thursdays afternoons	Enquiries 01372 730363
Epsom & Ewell Spiritual Healing Group	Every Tuesday	2—4pm	All welcome 07539 820596 donations gratefully accepted
Mayday Flower Club	Wednesday 18	Enquiries	Lorraine 020 8224 3115
Museum Kids Club meets	2nd Saturday of each month	1.00—2.30pm	dbrooks@epsom-ewell. gov.uk 020 8394 1734
Blood Donations	Enquiries	Blood.co.uk	0300 123 2323
Museum Educational Resources	Available on loan for local schools Local schools	To book or any enquiries, call	David Brooks 020 8394 1734

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