

BOURNE HALL

January 2018

Activities & Information

| DANCING | DATE | TIME | CONTACT |
|--|---|--|--|
| Glitters Ballroom Dancing | Friday 5 & 19 | 8.30pm—11pm | David 07903 314276 |
| Ceroc | Tuesdays | 8pm—11pm | cc.cerocsurrey@yhoo.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 6.30—8.30pm | Imogen 020 8393 6839 |
| NEW Pilates Beginners | Tuesdays | 9.30—10.25am | Imogen 07941 085849 E: lmo- |
| 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 |
| Exercise Class (Parkinsons UK) | Tuesdays | 11.30—12.30 | Enquiries to John Benn 020 8395 2068 |
| Get Active 50+ Strength & Balance Classes | Tuesdays | 10—11 am | Nikki 07708 748898 nik-ki@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 |

| MEETINGS | DATE | TIME | CONTACT |
|---|-----------------------------------|-------------------------|---|
| National Trust | Monthly | 8pm - 10pm | alanharding71@gmail.com |
| U3A | Monday 8 | | 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 8240 9136 |
| 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 |
| 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 | Monthly | 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 17 | Enquiries | Lorraine 020 8224 3115 |
| Museum Kids Club Leaflets at reception | 2nd Saturday of each month | 1.00—2.30pm | dbrooks@epsom-ewell. gov.uk 020 8394 1734 |
| Blood Donations | Friday 19 | Blood.co.uk | 0300 123 2323 |
| Foyer Exhibitions & Events | 30 January | until 10 Feb | Cheam High School Exhibition |

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