

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 Pregnancy Classes	Mondays	7pm—8pm	yoga@lizdaffen.co.uk 07779 622628 www.lizdaffen.co.uk
Pilates—Improvers 2 classes each evening	Mondays and Wednesdays	6.35—7.30pm & 7.35—8.30pm	Imogen 020 8393 6839
NEW Pilates Beginners	Tuesdays	9.30—10.25am	Imogen 07941 085849 E: imogen@surreypilates.co.uk
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 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
Museum Kids Club Leaflets at reception	2nd Saturday of each month	1.00—2.30pm	dbrooks@epsom-ewell. gov.uk 020 8394 1734

MEETINGS	DATE	TIME	CONTACT
National Trust	Monthly	8pm - 10pm	alanharding71@gmail.com
U3A	Monday 9		www.u3asites.org.uk/epsom-ewell
Weightwatchers	Mondays	5.45pm - 8pm	08457 123000
Embroidery Club <i>New members welcome</i>	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 07840203045
WEA—Adult Learning	Weekdays	10am—12pm	Mr R G McVey 01372 463836
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	secretary@ewellhortassn.co.uk
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	1.45pm—4pm	All welcome 07539 820596 donations gratefully accepted
Mayday Flower Club	Wednesday 18	Enquiries	Lorraine 020 8224 3115
Blood Donations	Friday 13	1—4pm 4.50—8pm	0300 123 2323 call To make an appointment
Foyer Exhibitions & Events	Sports Photographic Exhibition Spring Hat Show Handmade Hats Cheam Camera Club Thames Valley Art Group	27 March—7 April 10—14 April 17—21 April 23 April—5 May	Raymond Odonoghue 01323 895114 www.SarahMcAlisterHats.com
Library Events Rhymetime—Thursdays 10.30-11.00am	Storytime— under 5's Wednesdays 2-pm—2.30pm	Digital Buddy Fridays 10.30am—12pm	Booking may be required enquiries to Library Helpdesk

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