

Dancing	Date	Time	Contact
Glitter Ballroom Dancing	Friday 4	8.30pm - 11pm	Enquiries 07903 314276
Line Dancing	Thursdays	8pm - 10pm	07802 761694
Ceroc	Tuesdays	8pm - 11pm	Annalisa 01483 223561
Tea Dances	3, 10, 17, 24 & 31	1.30pm - 4pm	01322 290751
Exercise Classes	Date	Time	Contact
Pilates	Mondays Wednesdays	6.30 - 8.30pm 7pm - 9pm	Imogen 020 8393 6839
Pilates	Wednesdays	6.30pm - 8.30pm	Lisa Few 07748 773591
Tai Chi	Fridays	1.15pm - 2.30pm	David Caine 07713 875308
Yoga	Tuesdays	7pm - 8.30pm	Claire 07989 533431
Zumba Fitness	Wednesdays	9.30am - 10.30am	Nicola 07960093054
Zumba for Kids	Mondays	5.15pm - 6pm	Terri 07545305240
Ki Aikido	Mondays	7.15pm - 9.15pm	Tim 07771 714159
Flower Clubs	Date	Time	Contact
Epsom Mayday	16	2pm - 4.30pm	Lorraine 020 8224 3115
Surrey Sogetsu Ikebana	Enquiries		Pat Street 07770 308681
Top Notes Singing Group	2, 9, 16, 23 & 30	7.45pm - 9.15pm	020 8296 0048
<b>Museum Children's Club</b>	<b>Varied Activities &amp; Dates</b>	<b>David Brooks</b>	<b>020 8394 1734</b>
<b>Blood Donation Sessions</b>	<b>6, 10 &amp; 24</b>		<b>08457 711711 or visit <a href="http://blood.co.uk">blood.co.uk</a></b>
<b>jellybugsparties@hotmail.co.uk</b>	<b>Children's Parties</b>	<b>Soft Play</b>	<b>Louise Henson 07933292464</b>

### Activities & Information

<b>Bromley Art Society - Ron &amp; Jenny Bicknell</b>			
<b>Meetings</b>	<b>Date</b>	<b>Time</b>	<b>Contact</b>
National Trust	Monthly	8pm - 10pm	Mrs Baines 020 8337 0271
Weightwatchers	Mondays	5.45pm - 8pm	08457 123000
Arriba Community Weight	3, 10, 17, 24 & 31	7pm - 8pm	Sue Thomas 07824 565342
Embroidery Club	Tuesdays	10am - 12pm	Ellen Bright 020 8397 8189
Healers	Tuesdays	2pm - 4pm	Peter Roberts 020 8641 0745
E & E Art Group	Wednesdays	7.30pm - 9.30pm	Mr R Seymour 01372 727482
WEA	Thursdays	10am - 12pm	Mr R G McVey 01372 361548
SCC Staff Retirement	Monthly	2pm - 4pm	Mrs G Baker 01737 351835
British Gas (Retired)	Monthly	1.30pm - 4pm	Mr R Evans 01344 779173
Ewell Downs Residents	Enquiries		Mr Gilder 020 8394 0429
Civil Service P.A	Monthly	2pm - 4pm	Mr J E Green 020 8648 5647
Soroptomists International	Every 3rd Monday	7.30pm - 10pm	020 8330 5307
Ewell Hort. Assoc.	Monthly	7.30pm - 10pm	Mr Evans 020 8786 8398
<b>Rooms Available to hire for all occasions 020 8393 9571</b>			
<b>Police Surgery</b>	<b>Last Tuesday of</b>	<b>2pm - 3pm</b>	<b>In the Foyer</b>
<b>Antiques Fair</b>	<b>5</b>	<b>Enquiries</b>	<b>07580 858929</b>
<b>Vocality Singing Work-</b>	<b>3, 10, 17, 24 &amp; 31</b>	<b>8pm - 10pm</b>	<b>Catherine 07985094322</b>
<b>Physio &amp; Reflexology</b>	<b>Massage</b>	<b>Sports Injury clinic</b>	<b>020 8393 9571</b>
<b>Mind, Body &amp; Spirit Fayre</b>	<b>12</b>	<b>10am - 4pm</b>	<b>www.soulstarevents.co.uk</b>
<b>U3A Open House Day</b>	<b>16</b>	<b>10am - 12pm</b>	<b>020 8393 0718</b>
<b>East Surrey College</b>	<b>Adult Learning</b>	<b>Enquiries</b>	<b>01737 788444</b>
<b>Stagecoach Theatre Arts</b>		<b>Enquiries</b>	<b>01932 784001</b>

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Ceroc	Tuesdays	8pm - 11pm	Annalisa 07050 106702
Tea Dances	3, 10, 17, 24 & 31	1.30pm - 4pm	01322 290751
Exercise Classes	Date	Time	Contact
Pilates	Mondays Wednesdays	6.30pm - 8.30pm 7pm-9pm	Imogen 020 8393 6839
Pilates	Wednesdays	6.30pm - 8.30pm	Lisa Few 07748 773591
Tai Chi	Fridays	1.15pm - 2.30pm	David Caine 07713 875308
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Surrey Sogetsu Ikebana	Enquiries		Pat Street 07770 308681
Top Notes Singing Group	2, 9, 16, 23 & 30	7.45pm - 9.15pm	020 8296 0048
Museum Children's Club	Varied Activities & Dates	David Brooks	020 8394 1734
Blood Donation Sessions	6, 10 & 24		08457 711711 or visit <a href="http://blood.co.uk">blood.co.uk</a>
jellybug-sparites@hotmail.co.uk	Children's Parties	Soft Play	Louise Henson 07933292464

### Activities & Information

<b>ART EXHIBITIONS</b>	<b>Bromley Art Society - Ron &amp; Jenny Bicknell Epsom Camera Club</b>		
National Trust	Monthly	8pm - 10pm	Mrs Baines 020 8337 0271
<b>Meetings</b>	<b>Date</b>	<b>Time</b>	<b>Contact</b>
Weightwatchers	Mondays	5.45pm - 8pm	08457 123000
Arriba Community Weight Loss Challenge	3, 10, 17, 24 & 31	7pm - 8pm	Sue Thomas 07824 565342
Embroidery Club	Tuesdays	10am - 12pm	Ellen Bright 020 8397 8189
Healers	Tuesdays	2pm - 4pm	Peter Roberts 020 8641 0745
E & E Art Group	Wednesdays	7.30pm - 9.30pm	Mr R Seymour 01372 727482
WEA	Thursdays	10am - 12pm	Mr R G McVey 01372 361548
SCC Staff Retirement	Monthly	2pm - 4pm	Mrs G Baker 01737 351835
British Gas (Retired)	Monthly	1.30pm - 4pm	Mr R Evans 01344 779173
Ewell Downs Residents	Enquiries		Mr Gilder 020 8394 0429
Civil Service P.A	Monthly	2pm - 4pm	Mr J E Green 020 8648 5647
Ewell Hort. Assoc.	Monthly	7.30pm - 10pm	Mr Evans 020 8786 8398
<b>Rooms available to hire for all occasions 020 8393 9571</b>			
Soroptomists International Epsom & District Meeting	Every 3rd Monday of the month	7.30pm - 10pm	020 8330 5307 Barbara Watts
<b>Police Surgery</b>	<b>Last Tuesday of each month</b>	<b>2pm - 3pm</b>	<b>In the Foyer</b>
<b>Antiques Fair</b>	<b>5</b>	<b>Enquiries</b>	<b>07580 858929</b>
<b>Vocality Singing Workshop</b>	<b>3, 10, 17, 24 &amp; 31</b>	<b>8pm - 10pm</b>	<b>Catherine 07985094322 www.vocalitysinging.co.uk</b>
<b>Physio &amp; Reflexology Clinic</b>	<b>Massage</b>	<b>Sports injury clinic</b>	<b>020 8393 9571</b>
<b>Mind, Body &amp; Spirit Fayre</b>	<b>12</b>	<b>10am - 4pm</b>	<b>www.soulstarevents.co.uk</b>
<b>U3A Open House Day</b>	<b>16</b>	<b>10am - 12pm</b>	<b>020 8393 0718</b>
<b>East Surrey College</b>	<b>Adult Learning</b>	<b>Enquiries</b>	<b>01737 788444</b>
<b>Stagecoach Theatre Arts</b>		<b>Enquiries</b>	<b>01932 784001</b>