Activities for Over 50s

Bowls

In Epsom and Ewell there are five friendly lawn bowls clubs where new members are welcome. Check out the clubs’ websites for events and look out for open days or contact them directly for joining details.

Auriol Bowling Club
Auriol Park, Salisbury Road, Worcester Park, KT4 7DP

Epsom Bowling Club
Worplesdon Road, Epsom, KT18 5EW

Epsom Court Bowling Club
Court Recreation Ground, Pound Lane, Epsom, KT19 8SB

Epsom Park Bowling Club
Alexandra Park, Alexandra Road, Epsom, KT17 4BY

Ewell Village Bowling Club
Gibraltar Recreation Ground, West Street, Ewell, KT17 1XU

Check out our Try Bowls leaflet to find out more!
Strength & Balance Classes

These new classes are comprised of a programme of exercises to develop strength and balance in the lower body. The exercises are specifically designed to prevent falls. Sessions are taking place at three venues in Epsom and Ewell:

• Bourne Hall
  Day: Tuesday
  Time: 10am
  Cost: £5 per class

Contact: To book please call Nikki on 07708 748898 or email nikki@skinnyjeansfitness.co.uk

To find out more please click here.

• Epsom Methodist Church
  Day: Wednesday
  Time: 1.30-2.30pm
  Cost: £6 per class or a course of five sessions for £25

Contact: To book please call Karen on 07771 647132 or email epsomstrength.balance@gmail.com

To find out more please click here.

• Rainbow Leisure Centre
  Day: Tuesday and Friday
  Time: 10.45-11.15am
  Cost: These classes are included as part of the Club Rainbow 55+ membership. For more information on the Club Rainbow 55+ membership click here.

Contact: Alison McDowall: alison.mcdowall@gl.org
Get Active 50+ Rackets Mornings

Seven different racket sports are available as part of a weekly racket morning at Ebbisham Sports Club. The sports include badminton, squash, racketball, tennis, touchtennis, table tennis and a new sport, pickleball! (Pickleball is a racket sport that combines elements of badminton, tennis, and table tennis)

No booking is required and you can just turn up and play. The cost is £5 for non-members and £3 for members of Ebbisham Sports Club and the U3A. Sessions run Thursdays from 9.30am – 12pm. To find out more about the racket mornings please contact Ebbisham Sports Club by phone: 01372 720647 or email.

Ebbisham Sports Club is a friendly, non-profit community club based in Epsom. For more information, please visit the club website.

Epsom Community Cricket

The Epsom Community Cricket programme teaches individuals to play ‘Cage Cricket.’ Cage Cricket is a revised version of the traditional game that sees individuals play against one another. Points are awarded to individuals for batting, bowling and fielding. No running is required and it doesn’t matter if you have not played cricket before.

A softer ball is used so no padding is necessary. All equipment is provided.

New players can try their first session for free. Click here to find out more.

Day: Monday
Time: 1-2pm (Indoors)
Venue: Longmead Community Centre, Sefton Road, Epsom, KT19 9HG
Cost: £3 per session
Contact: Haidee Allen: 07973 619884 / haidee.cage4all@gmail.com or Neil Bunting: 07900 430044 / neil.cage4all@gmail.com
Website: www.cagecricket.com
Tai Chi

The NHS website offers the following description of Tai Chi: ‘Tai Chi, also called Tai Chi Chuan, combines deep breathing with flowing movements. Originally developed as a martial art in 13th century China, Tai chi is today practiced around the world as a health-promoting exercise.’

Tai Chi for All

Day: Friday
Time: 1-2pm
Venue: Bourne Hall, Spring Street, Ewell KT17 1UF
Cost: £7 for over 60s / £8 for under 60s
Contact: Sue Ayley: 07984 724359 / sueayley@tiscali.co.uk

Tai Chi & Qigong with Tai Chi Surrey

- Improve your health and ability to relax
- Exercise your body gently and effectively for greater wellbeing
- Gain flexibility
- Improve memory
- Increase your confidence

Lou Requena delivers Tai Chi and Qigong sessions across Surrey. The details of the sessions based in Epsom and Ewell are below:

Epsom

Day: Tuesday
Time: 9.30-10.30am
Venue: Rainbow Leisure Centre
Cost: A Club Rainbow membership is required. Click here for more info.

Langley Vale

Day: Thursday
Time: 6.30-8pm
Venue: Langley Vale Village Hall, Downs Wood, Epsom, KT18 5UH
Cost: £15 for full session or £10 for one hour
(Quote code L.V.V.H and get your first class half price)
Epsom Downs Outdoor Classes
Day: Sunday (the second and last Sunday of every month)
Time: 10.30-11.30am
Venue: Epsom Downs
Cost: £9
If you have any questions or you would like to book a class call Lou on 07952 370670 or email: info@lourdesanne-requena.com
Website: http://tai-chi-surrey.org

Epsom and Ewell Health Walks
Epsom and Ewell Health Walks lead several walks every month. All walks are free and there is no need to book.
The group lead one hour walks on Wednesdays and Sundays and a 30 minute walk on Mondays. All the walks start at 10am and begin at various venues around the borough.
To visit the Epsom and Ewell Health walks website click here.
More information on Epsom and Ewell Health Walks as well as other walking opportunities can be found on our Walks page.

Ladies Only Swimming and Aqua
Join Helen Oldknow for some high quality, safe swimming courses held in a private setting.

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<td>Thursday</td>
<td>Swimming-Beginners</td>
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Venue: Linden Bridge School, Grafton Road, Worcester Park, Surrey, KT4 7JW
Classes run in term time only.
Contact: Helen Oldknow: 07753 749347 / helen.oldknow15@gmail.com
Walking Football

Escape the elements in the shelter of the Rainbow Leisure Centre Sports Hall! Men and women aged 55+ are invited to take part in the Walking Football sessions every Friday.

The sessions are non-contact and non-competitive; however the group does occasionally enter teams into competitions.

Day: Friday
Time: 10-11.30am
Venue: Rainbow Leisure Centre, East Street, Epsom, Surrey KT17 1BN
Contact: Mary Mannion: mary.mannion@gll.org

You can find out more information on Walking Football opportunities in and around Surrey by visiting the Walking Football World website.

Walking Netball

Rainbow Leisure Centre is now offering weekly Walking Netball sessions. The sessions are run by volunteers with years of experience. They are open to all abilities and are non-competitive and non-contact, focusing on improving stability, hand-eye co-ordination and team work.

Day: Wednesday
Time: 1-2pm (shooting practise & skills) / 2-3pm (warm-up and games)
Venue: Rainbow Leisure Centre, East Street, Epsom, KT17 1BN
Cost: £2.75
Contact: Alison McDowall: Alison.mcdowall@gll.org or call the Rainbow Leisure Centre Reception for more details on 01372 727 277
Club Rainbow 55+

The Rainbow Leisure Centre have a specially designed Club Rainbow membership for those aged 55 and over. This entitles members to take part in classes, play sports as well as take advantage of the additional social opportunities which include trips, days out and friendly competitions.

55+ activities include dance, pilates, water workouts, gym based activities, a selection of racket sports and much more.

Members can benefit from the club area in the gym where they will find a notice board with all upcoming events. The gym also provides a comfortable seating area where members can relax after activities and enjoy a tea or coffee.

Alison McDowall is the Club Lead. Her role is to develop and manage the programme for existing and new club members. Alison is on hand for members who have any questions or concerns.

For more information please email Alison McDowall: alison.mcdowall@gll.org

To find out more about the Rainbow Leisure Centre please click here. You can also visit the Better website.

Other 50+ activities out of the borough

Chess

Anyone who is interested in playing chess is welcome to visit the Ashtead Chess Club on Tuesday nights from 7.30pm.

Day: Tuesday
Time: 7.30-10pm
Venue: Ralli room, Ashtead Peace Memorial Hall, Woodfield Lane, Ashtead, KT21 2BE
Cost: annual subscription of £85 (new players can try their first month for free)
Contact: Richard Jones: 01372 813487 / jrichard4@aol.com
Website: www.jurjevic.org.uk/chess/ashteadchessclub
Greek Traditional Dancing
Join the Hellenic Dance Group of Greek Traditional Dancing every Monday.

Day: Monday
Time: 8-10pm
Venue: Methodist Church Tennis Club Hall, (between houses No. 11-13) Manor Road, Surbiton, KT5 8NE
Cost: £2 per session
Contact: Bryan Wild: 0208 397 0008 / bryan.wild@virginmedia.com

Shorinji Kempo Martial Arts
Martial Arts for mind, body and self-defence.

Day: Tuesday
Time: 8-10pm
Venue: Tolworth Recreation Centre, Fullers Way North, Surbiton KT6 7LQ
Cost: £10 / £5 for retired residents
Contact: Chris: chris@knight-diver.co.uk
Website: www.ukskf.org