

## 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](#)

Worple 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](mailto: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](mailto: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@gll.org](mailto:alison.mcdowall@gll.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](mailto:haidee.cage4all@gmail.com) or

Neil Bunting: 07900 430044 / [neil.cage4all@gmail.com](mailto:neil.cage4all@gmail.com)

Website: [www.cagecricket.com](http://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 13<sup>th</sup> 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](mailto: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](mailto: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.

<b>Timetable</b>		
<b>Day</b>	<b>Activity</b>	<b>Time</b>
Tuesday	Aqua	10-11am
Tuesday	Swimming-Improvers	11.15am-12noon
Tuesday	Swimming-Beginners	12noon-12.45pm
Thursday	Swimming-Beginners	12noon-12.45pm

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](mailto: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 at 10-11.30am 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](mailto: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, focussing 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](mailto: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](mailto: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](mailto:jrichard4@aol.com)

Website: [www.jurjevic.org.uk/chess/ashteadchessclub](http://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](mailto: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](mailto:chris@knight-diver.co.uk)

Website: [www.ukskf.org](http://www.ukskf.org)