

ACTIVITIES AT THE MANOR HOUSE & RIVERSIDE CENTRE - AUTUMN 2018

The Manor House

MON	QIGONG /TAI CHI WITH ALDA (two sessions)	9.30am - 12 noon
	YOGA FOR BEGINNERS (starting March)	9:30am - 11:00am
	PROBUS CLUB	9.45am - 11.45am
	SPANISH TUITION	10.30am - 11.30am
	50+ KEEP FIT - DANCERISE	2.00pm - 3.00pm
	KUMON EDUCATIONAL	4.30pm - 5.30pm
	PILATES WITH BETH	5.00pm - 6.15pm
	YOGA WITH PHIL	6.30pm - 8.00pm
	DAWLISH CHORAL SOCIETY	7.45pm - 9.15pm

TUES	YOGA WITH LISA (two sessions)	9.30am - 12.45pm
	FRENCH WITH JACQUIE	10.00am - 12noon
	ACTION FOR CHILDREN - Baby Massage	1.00pm - 2.30pm
	DAWLISH LOCAL HISTORY GROUP (1st Tuesday of each month)	1.30pm - 4.00pm
	DAWLISH WI - CRAFT GROUP (1st and 3rd Tuesday of each month)	2.00pm - 4.00pm
	RAILWAY CLUB	2.00pm - 4.00pm
	POETRY & WRITING GROUP	2.00pm - 4.00pm
	TAI CHI WITH ALDA	6.00pm - 7.00pm
	PILATES WITH BETH	7.00pm - 8.00pm
	GUIDING LIGHT DAWLISH (fortnightly)	7.00pm - 9.00pm
DAWLISH WI (second Tuesday of each month)	7.15pm - 9.15pm	
DAWLISH WIVES (fortnightly)	7.30pm - 9.30pm	

WED	50+ KEEP FIT - DANCERISE	10.00am - 11.00am
	YOGA WITH PHIL	10.00am - 11.30am
	LINE DANCING	11.30am - 1.00pm
	DAWLISH DANCERS	1.45pm - 3.15pm
	ART FOR ALL - Art group with Angie	1.00pm - 5.00pm
	BRIDGE GROUP	2.00pm - 5.00pm
	KUMON EDUCATIONAL	4.00pm - 5.30pm
	FITSTEPS - (Dance based class)	5.30pm - 6.30pm
	STAMP CLUB (2nd Wednesday of each month)	7.00pm - 9.00pm

THURS	DAWLISH PAINTERS	9.30am - 12noon
	DEVON VIOLETS BOOK CLUB (last Thursday of each month)	10.00am - 12noon
	THREE RIVERS TAI CHI	12.45pm - 1.45pm
	DAWLISH LADIES GUILD (second Thursday of each month)	2.00pm - 4.00pm
	RAILWAY CLUB	7.00pm - 9.00pm
	PILATES WITH BETH	5.30pm - 6.30pm
	YOGA WITH SHARON	7.00pm - 8.30pm
	DAWLISH GARDEN SOCIETY (last Thursday of each month)	7.15pm - 9.00pm

FRI	DAWLISH HOME AID - Charity coffee morning (every two months)	8.30am - 12.30pm
	ASSIST TEIGNBRIDGE - NAIL CLINIC (1st Friday of each month)	9.30am - 1.00pm
	TAGB TAEKWONDO CLUB	6.30pm - 7.30pm
	AMAMZINTOTI	7.00pm - 9.00pm

SUN	OVEREATERS ANONYMOUS	10.00am - 11.00am
	CHURCH OF CHRIST	10.00am - 11.30am
	SING ALONG (last Sunday of each month)	2.30pm - 4.00pm

Citizens Advice at The Manor House

Drop-in Tuesdays 9.30am - 12.30pm. By appointment only Weds and Fridays

The Riverside Centre

MON	INSPIRE DANCE & FITNESS (two sessions)	9.30am - 11.00am
	THE CENTRE CLUB	1.30pm - 4.00pm
	INSPIRE DANCE & FITNESS (two sessions)	4.30pm - 6.00pm
	PILATES WITH BETH	7.15pm - 8.15pm

TUES	PILATES WITH BETH	9.30am - 10.45am
	YOGA WITH LISA	2.00pm - 3.00pm
	ZUMBA FITNESS	6.30pm - 7.30pm

WED	PILATES WITH BETH	9.30am - 10.30am
	THE CENTRE CLUB	1.30pm - 4.00pm
	DAWLISH MUSICAL THEATRE COMPANY	7.30pm - 9.30pm

THUR	DAWLISH LADIES GUILD (2nd Thursday of each month)	1.30pm - 4.00pm
	INSPIRE DANCE & FITNESS (various classes)	4.45pm - 8.00pm

SAT	INSPIRE DANCE & FITNESS (various classes)	8.45am - 12.30pm
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For more details or to book a room please contact
The Manor House on 01626 863388 or email admin@dawlish.gov.uk