

## ACTIVITIES AT THE MANOR HOUSE & RIVERSIDE CENTRE

### SPRING 2020

M O N	MANOR HOUSE	
	PROBUS CLUB (Jan-April, Oct-Dec)	9:45 – 11.45
	DAWLISH U3A (monthly)	10:00 – 12:00
	ROOTS – Baby Massage	1:00 – 2:00
	FITNESS FOR LIFE – 50+ (Emily)	2:00 – 3:00
	DAWLISH LADIES GUILD (monthly)	2:00 – 3:00
	KUMON EDUCATIONAL	4:30 – 5:30
	PILATES (Beth)	5:00 – 6:00
	YOGA (Phil)	6:30 – 8:00
	FITNESS FOR LIFE – 50+ (Emily)	6:30 – 7:30
	DAWLISH CHORAL SOCIETY	7:45 – 9:15
	RIVERSIDE	
	WESTERN LINE DANCE (SG DANCE & FITNESS)	11:30 – 12:30
	ZUMBA GOLD (Emma)	1:30 – 2:30
INSPIRE DANCE & FITNESS (Jennie)	4:45 – 7:00	
PILATES (Beth)	7:15 – 8:15	
MANOR HOUSE		
FITNESS FOR LIFE – 50+ (Emily)	9:30 – 10:30	
YOGA (Lisa) (2 sessions)	9:30 – 12:45	
FRENCH TUITION (Jacquie)	10:00 – 12:00	
DAWLISH LOCAL HISTORY GROUP (monthly)	2:00 – 4:00	
DAWLISH WI – CRAFT GROUP (fortnightly)	2:00 – 4:00	
POETRY & WRITING (Hilary)	2:00 – 4:00	
PILATES (Beth)	7:00 – 8:00	
GUIDING LIGHT (fortnightly)	7:00 – 9:00	
DAWLISH WI (monthly)	7:15 – 9:15	
DAWLISH WIVES (fortnightly)	7:30 – 9:30	
RIVERSIDE		
PILATES (Beth)	9:30 – 10:45	
YOGA (Lisa)	2:00 – 3:00	
ZUMBA (Claire)	6:30 – 7:30	
MANOR HOUSE		
PILATES (Beth)	9:30 – 10:30	
YOGA (Phil)	10:00 – 11:30	
SPANISH TUITION (Daniela)	10:30 – 11:30	
ROOTS – HOPE (Wellbeing)	10:30 – 1:00	
DAWLISH DANCERS	1:45 – 3:15	
BRIDGE GROUP	2:00 – 5:00	
KUMON EDUCATIONAL	4:00 – 5:30	
SPANISH TUITION - BEGINNERS (Daniela)	4:00 – 6:00	
FITSTEPS (Carole-Anne)	5:30 – 6:30	

	STAMP CLUB (monthly)		7:00 – 9:00
	RIVERSIDE		
	SAINTS SW – DAWLISH SOCCER TOTS	09.30 – 10.15	
	ZUMBA GOLD (Emma)	11:00 – 12:00	
	WESTERN LINE DANCE - BEGINNERS (SG DANCE & FITNESS)		7:00 – 8:00
T H U R	MANOR HOUSE		
	DAWLISH PAINTERS	9:30 – 12:00	
	ROOTS – WAVES (Bereavement Group) (monthly)	10:00 – 12:00	
	CROCHET (Caroline)	11:00 – 1:00	
	TAI CHI (Mick)	12:45 – 1:45	
	PILATES (Beth)	5:30 – 6:30	
	YOGA (Sharon)	7:00 – 8:30	
	DAWLISH GARDEN SOCIETY (monthly)	6:30 – 9:00	
	SPANISH FOR BEGINNERS (Neil)	6.30 – 8.30	
	RIVERSIDE		
	WESTERN LINE DANCE - BEGINNERS (SG DANCE & FITNESS)	11:00 – 12:00	
	DAWLISH LADIES GUILD (monthly)	1:30 – 4:00	
INSPIRE DANCE & FITNESS (Jennie)	4:00 – 8:00		
F R I	MANOR HOUSE		
	DAWLISH HOME AID – Charity Coffee Morning (bi-monthly)	9:30 – 12:30	
	NAIL CLINIC – ASSIST TEIGNBRIDGE (bi-monthly)	9:30 – 1:00	
	ITALIAN FOR BEGINNERS	10:00 – 12:00	
	AA	7:00 – 9:00	
S A T	RIVERSIDE		
	ROOTS - CYGNETS (Toddler Group)	9:45 – 11.45	
	INSPIRE DANCE & FITNESS (Jennie)	4:00 – 6:00	
S U N	RIVERSIDE		
	INSPIRE DANCE & FITNESS (Jennie)	8:45 – 1:30	
S U N	MANOR HOUSE		
	CHURCH OF CHRIST	10:00 – 11:30	
	SING ALONG (monthly)	2:30 – 4:00	
	ROOTS – Laughter Yoga	7.30 – 9.00	
<b>CITIZENS ADVICE</b>			
Tues:		Drop In	9:30 – 12:30
Wed & Fri:		Appointment Only	

Additional groups may be running at other times – for further information or more details, as well as how to book a room, please call 01626 863388 or email [admin@dawlish.gov.uk](mailto:admin@dawlish.gov.uk)