



## ACTIVITIES AT THE MANOR HOUSE & RIVERSIDE CENTRE

MONDAY			
DAWLISH PROBUS GROUP	09:45 – 11:45	01626 906375	<a href="mailto:earlconnolly2@gmail.com">earlconnolly2@gmail.com</a>
LINE DANCING (Suzanne)	11:00 – 12:00	07572 053318	<a href="mailto:gee.suzanne1@gmail.com">gee.suzanne1@gmail.com</a>
ZUMBA GOLD (Emma)	13:30 – 14:30	07876033187	<a href="mailto:arbclove@gmail.com">arbclove@gmail.com</a>
FITNESS FOR LIFE – 50+ (Emily)	14:00 – 15:00	07500 933241	<a href="mailto:emily.j.morris@btinternet.com">emily.j.morris@btinternet.com</a>
INSPIRE DANCE & FITNESS (Jennie)	15:30 – 19:30	07581 265521	<a href="mailto:jennie@live.co.uk">jennie@live.co.uk</a>
YOGA (Phil)	18:30 – 20:00	07966 163683	<a href="mailto:philip.cross@gmail.com">philip.cross@gmail.com</a>
FITNESS FOR LIFE – 50+ (Emily)	18:30 – 19:30	07500 933241	<a href="mailto:emily.j.morris@btinternet.com">emily.j.morris@btinternet.com</a>
DAWLISH CHORAL SOCIETY	20:00 – 21:15	07587163396	<a href="mailto:megan.debenham@hotmail.co.uk">megan.debenham@hotmail.co.uk</a>
TUESDAY			
FITNESS FOR LIFE – 50+ (Emily)	09:30 – 10:30	07500 933241	<a href="mailto:emily.j.morris@btinternet.com">emily.j.morris@btinternet.com</a>
YOGA FOR ALL (Lisa) 4 sessions	09:30 – 15:00	07715 644468	<a href="mailto:lisayogaforall@gmail.com">lisayogaforall@gmail.com</a>
BREATHWAYS (Sara)	09:30 – 11:00	07870 602281	<a href="mailto:info@breathways.co.uk">info@breathways.co.uk</a>
SPANISH (beginners)	10:00 – 12:00		
BABY MASSAGE (Roots)	10:30 – 11:30	07931 225680	<a href="mailto:admin@rootscommunityenhancement.org">admin@rootscommunityenhancement.org</a>
WOMEN'S INSTITUTE – CRAFT GROUP	14:00 – 16:00	01626 864785	<a href="mailto:suelavender_1@hotmail.com">suelavender_1@hotmail.com</a>
LOCAL HISTORY GROUP (monthly)	14:15 – 16:15	01626 863708	<a href="mailto:david.allanach@googlemail.com">david.allanach@googlemail.com</a>
GUIDING LIGHT	19:30 – 21:30	01626 866192	<a href="mailto:sclwrthy@aol.com">sclwrthy@aol.com</a>
WOMEN'S INSTITUTE – MONTHLY MEET	19:30 – 21:00	01626 864785	<a href="mailto:Suelavender_1@hotmail.com">Suelavender_1@hotmail.com</a>
WEDNESDAY			
TAI CHI NATION (Chris)	10:00 – 11:00	07596 005978	<a href="mailto:chris.waters@freeuk.com">chris.waters@freeuk.com</a>
GENTLE YOGA (Phil)	10:00 – 11:30	07966 163683	<a href="mailto:philip.cross@gmail.com">philip.cross@gmail.com</a>
ZUMBA GOLD (Emma)	11:00 – 12:00	07876033187	<a href="mailto:arbclove@gmail.com">arbclove@gmail.com</a>
CROCHET/KNIT (Dementia / Mental Health)	11:00 – 12:30	01626 889288	<a href="mailto:valhempstock52@gmail.com">valhempstock52@gmail.com</a>
DAWLISH DANCERS	13:45 – 14:45	01626 863805	<a href="mailto:gwenandjohnwheddon@hotmail.com">gwenandjohnwheddon@hotmail.com</a>
BRIDGE GROUP	14:00 – 17:00	01626 438274	<a href="mailto:rogeratgough@yahoo.co.uk">rogeratgough@yahoo.co.uk</a>
SPANISH TUITION (Daniela)	Various	07703 367344	<a href="mailto:danielapalma@gmail.com">danielapalma@gmail.com</a>
FITSTEPS (Carole-Anne)	17:30 – 18:30	07472 059428	<a href="mailto:caroleanne.barr@gmail.com">caroleanne.barr@gmail.com</a>
ZUMBA (Claire)	19:30 – 20:30	07970 173830	<a href="mailto:cherryvedore@hotmail.com">cherryvedore@hotmail.com</a>
THURSDAY			
PAINTING GROUP	09:30 – 12:00	01626 862582	<a href="mailto:thomashaynes451@btinternet.com">thomashaynes451@btinternet.com</a>
PILATES (Kate)	10:00 – 11:00	07966 230847	<a href="mailto:KTBpilates@outlook.com">KTBpilates@outlook.com</a>
PHOTOGRAPHY CLASS	10:00 – 12:00		
BEREAVEMENT GROUP (monthly)	10:30 – 12:00	07931 225680	<a href="mailto:admin@rootscommunityenhancement.org">admin@rootscommunityenhancement.org</a>
LINE DANCING (Suzanne)	11:00 – 12:00	07572 053318	<a href="mailto:gee.suzanne1@gmail.com">gee.suzanne1@gmail.com</a>
WRITING GROUP (Hilary)	14:00 – 16:00	01626 774906	<a href="mailto:h.e.olek@exter.ac.uk">h.e.olek@exter.ac.uk</a>
INSPIRE DANCE & FITNESS (Jennie)	16:00 – 20:00	07581 265521	<a href="mailto:jennie@live.co.uk">jennie@live.co.uk</a>
YOGA (Sharon)	18:30 – 20:00	01626 776479	<a href="mailto:sharon.dow@btinternet.com">sharon.dow@btinternet.com</a>
GARDEN SOCIETY (Dawlish)	18:30 – 21:00		<a href="https://dawlish-gardensociety.uk">https://dawlish-gardensociety.uk</a>
FRIDAY			
CYGNETS BABY GROUP (Roots)	10:30 – 12:00	07931 225680	<a href="mailto:admin@rootscommunityenhancement.org">admin@rootscommunityenhancement.org</a>
INSPIRE DANCE & FITNESS (Jennie)	16:00 – 18:00	07581 265521	<a href="mailto:jennie@live.co.uk">jennie@live.co.uk</a>
AA	19:00 – 21:00	07919536675	
SATURDAY			
INSPIRE DANCE & FITNESS (Jennie)	08:45 – 13:30	07581 265521	<a href="mailto:jennie@live.co.uk">jennie@live.co.uk</a>
SUNDAY			
CHURCH OF CHRIST	10:00 – 11:30	01803 868766	<a href="mailto:hodge.pete@gmail.com">hodge.pete@gmail.com</a>

*Please ensure that you contact the organizer before attending an activity. Not all activities are weekly, and many are by advance booking only.*

*Note – contact details are made available at the organiser’s discretion and are correct at the time of publication.*

*If you would like to hire a room at the Manor House or Riverside Centre, please contact Reception on 01626 863388, email [admin@dawlish.gov.uk](mailto:admin@dawlish.gov.uk), or visit our website at [www.dawlish.gov.uk](http://www.dawlish.gov.uk) for more information.*