

ACTIVITIES AT THE MANOR HOUSE & RIVERSIDE CENTRE

MONDAY			
DAWLISH PROBUS GROUP	09:45 – 11:45	01626 906375	earlconnolly2@gmail.com
LINE DANCING (Suzanne)	11:00 – 12:00	07485 478508	gee.suzanne1@gmail.com
FITNESS FOR LIFE – 50+ (Emily)	14:00 – 15:00	07500 933241	emily.j.morris@btinternet.com
U3A DAWLISH (3 rd Monday of month)	15:30 – 17:30		enquiries@u3adawlish.info
INSPIRE DANCE & FITNESS (Jennie)	15:30 – 19:30	07581 265521	jennie@live.co.uk
FITNESS FOR LIFE – 50+ (Emily)	18:30 – 19:30	07500 933241	emily.j.morris@btinternet.com
DAWLISH CHORAL SOCIETY	20:00 – 21:15	07587 163396	megan.debenham@hotmail.co.uk
TUESDAY			
FITNESS FOR LIFE – 50+ (Emily)	09:30 – 10:30	07500 933241	emily.j.morris@btinternet.com
YOGA FOR ALL (Lisa) 3 sessions	09:30 – 13:00	07714 644468	lisayogaforall@gmail.com
BABY MASSAGE (Roots)	10:30 – 11:30	07931 225680	admin@rootscommunityenhancement.org
WOMEN'S INSTITUTE – CRAFT GROUP	14:00 – 16:00	01626 864785	suelavender_1@hotmail.com
MODEL RAILWAY CLUB	14:00 – 16:00	01626 862791	ianwalker@walker.plus.com
LOCAL HISTORY GROUP (monthly)	14:15 – 16:15	01626 863708	david.allanach@googlemail.com
GUIDING LIGHT (bi-weekly)	19:30 – 21:30	01626 866192	scltwrthy@aol.com
WOMEN'S INSTITUTE – (2 nd Tuesday of month)	19:30 – 21:15	01626 864785	suelavender_1@hotmail.com
DAWLISH ROCKWAVES (Choir)	19:30 – 21:30	07713 593869	joanna@jjsartsacademy.com
WEDNESDAY			
YOGA (Helen)	10:00 – 11:00	07736 828447	helen@keensoulyoga.com
TAI CHI NATION (Chris)	10:00 – 11:30	07596 005978	Mail@ChrisWaters.Online
ZUMBA GOLD (Emma)	11:00 – 12:00	07876 033187	arbclove@gmail.com
DAWLISH DANCERS	13:45 – 14:45	01626 863805	gwenandjohnwheddon@hotmail.com
CHAIR YOGA (Lisa)	14:30 – 15:30	07714 644468	lisayogaforall@gmail.com
SPANISH TUITION (Daniela)	Various	07703 367344	danielapalma@gmail.com
FITSTEPS (Carole-Anne)	17:30 – 18:30	07472 059428	caroleanne.barr@gmail.com
ZUMBA (Claire)	19:30 – 20:30	07970 173830	cherryvedore@hotmail.com
THURSDAY			
PAINTING GROUP	09:30 – 12:00	01626 862582	thomashaynes451@btinternet.com
PILATES (Kate)	09:45 – 12:00	07966 230847	KTBpilates@outlook.com
BEREAVEMENT GROUP (monthly)	10:30 – 12:00	07931 225680	admin@rootscommunityenhancement.org
QIGONG	11:00 – 12:00	07876 251817	davidrstart@live.co.uk
LINE DANCING (Suzanne)	11:00 – 12:00	07485 478508	gee.suzanne1@gmail.com
WRITING GROUP (Hilary)	14:00 – 16:00	01626 774906	h.e.olek@exter.ac.uk
DAWLISH LADIES' GUILD (monthly)	14:00 – 16:00	01626 862240	eileebird@ymail.com
YOGA (Helen) - Riverside	18:30 – 19:30	07736 828447	helen@keensoulyoga.com
YOGA (Sharon) - Manor House	18:30 – 20:00	01626 776479	sharon.dow@btinternet.com
GARDEN SOCIETY (Dawlish)	18:30 – 21:00		https://dawlish-gardensociety.uk
MODEL RAILWAY CLUB	19:00 – 21:00	01626 862791	ianwalker@walker.plus.com
FRIDAY			
CYGNETS BABY GROUP (Roots)	10:30 – 12:00	07931 225680	admin@rootscommunityenhancement.org
THINKERS' CAFÉ (Roots)	12:30 – 14:00	07931 225680	admin@rootscommunityenhancement.org
INSPIRE DANCE & FITNESS (Jennie)	15:30 – 18:00	07581 265521	jennie@live.co.uk
AA	19:00 – 21:00	07919 536675	
SATURDAY			
INSPIRE DANCE & FITNESS (Jennie)	08:45 – 13:30	07581 265521	jennie@live.co.uk
SUNDAY			
CHURCH OF CHRIST	10:00 – 11:30	01803 868766	hodge.pete@gmail.com

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

*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, or visit our website at www.dawlish.gov.uk*