

Activity	Details/Contact	Day/Time
EXERCISE		
FitSteps	<p>FitSteps For All Bodies, 'FAB' is a dance fitness workout designed for people who love to dance, want to keep fit, but for a variety of reasons prefer a lighter intensity, lower impact and perhaps a slower pace. The dance steps are easier to follow enabling more participants to have fun getting fit while learning classic dances of the ages.</p> <p>Call Emma on 07764 160424 or dancefitwithemma@gmail.com</p>	Mondays 9.30 – 10.30
Chair Exercise	<p>A chair based exercise class which also includes some standing. All muscles are used and strengthened. Increases flexibility, mobility and circulation.</p> <p>For details call Nic on 07791 921716 or email viney.nic@gmail.com</p>	Mondays 11-12
WI Fun & Games	Gentle exercise such as seated volleyball and seated curling, open to all, not just the WI	2 nd Monday of the month, 2 – 4pm
Pilates	Contact Kate Hayden, 01935 862256/07889 572627 or email nedyahca@hotmail.com	Mondays 6.30 – 7.30
Badminton	You are welcome to join us on a social rather than competitive basis! Contact Sally Howells on 01935 824238 or sallyhowells23@gmail.com	Mondays 8 – 9.30

Keep Fit	Exercise and movement combined to give a whole body and mind workout, from warm-up and stretching and cardiac to workout , all done at your own pace, specially designed by our highly-qualified teacher. Contact Mary Ashley on jesmond.dene@talktalk.net	Tuesdays 2 – 3 except April & May, 6.15 – 7.15
Yoga	Iyengar Yoga with Lisa Bartlett A traditional form of yoga that is suitable for everyone. The classes focus on good alignment in the postures, often with the help of yoga props such as blocks, belts and bricks. Beginners are warmly welcomed along with those with yoga experience in other styles. Email: ljsabartlett@mac.com Phone: 07837 258495 www.facebook.com/LisaBartlettyengarYoga	Wednesdays and Fridays 10 – 11.30
Pilates		Wednesdays 5.30 – 6.30 and Thursdays 11.30 – 12.30
Aerobics	Aerobics for all abilities. A fun way to keep fit! Contact Steph: 07444 979297 or stephanie.edwards42@yahoo.co.uk	Thursdays 10 - 11
Badminton	We welcome mixed ability and gender people who enjoy friendly competition. We play for an hour but have the opportunity to extend the time if numbers increase. Contact Joyce Pryor tel. 01935 826816	Thursdays 2.15 – 3.15
Shuttlebusters Badminton		Fridays 8 - 10

CHILDREN		
Dance Classes	<p>Helen Laxton School of Dance classes. Pre -school dance for children from 2.5 years, ballet grades Primary to Grade 5, pointe ballet, lyrical/contemporary, street dance, hip hop. Children work towards Royal Academy ballet examinations, stage shows and performances. Tel 01935 863865 or email helenlaxtondance@aol.co.uk</p>	<p>Tuesdays 3.45 – 9 Fridays 5 – 6.15</p>
COMMUNITY		
Art Class	<p>Learn how to draw and paint, beginners and intermediates welcome. We work through all the fundamentals of drawing and painting together and learn techniques to inspire beautiful artworks whilst experimenting with new materials. All in fun and friendship. Contact Ellie Farr at enquiries@eleanorfarr.gallery or phone 07745 216811</p>	<p>Wednesdays, 1.30 – 3.30</p>
Garden Club	<p>A sociable, friendly club for gardeners and non-gardeners. Talks on a variety of subjects. Day trips to places of interest. Contact 01935 862447</p>	<p>Second Thursday in the month, 7.00 – 9.45</p>

<p>Wine Circle</p>	<p>We have been meeting for over 40 years, attracting well over 60 members. Commercial wine tastings are an important element of the programme, but other very enjoyable activities are included, including outside visits.</p> <p>New members – and guests – are always welcome to enjoy the exceptional value for money programmes. Membership is currently £15 per year and includes a number of commercial tastings of food and wine. Further information or advice please contact David Pryor 01935 862816 Vince Wolney 01935 863838</p>	<p>First Wednesday in the month, 7.30 – 10.30</p>
<p>East Coker Players</p>	<p>East Coker Players, formed 40 years ago, is for anyone over 8 years old who enjoys drama and the stage.</p> <p>In the past we've put on plays, reviews and music hall events. More recently our focus has been on an annual pantomime. We don't just encourage the on-stage crafts but backstage too.</p> <p>We don't meet regularly, in as much as that from September to panto curtain-up at the end of November we rehearse twice a week and as hoc for the remainder of the year.</p> <p>Interested? Contact Chairman – Anne Hartley, 01935 862060, hartleyanne@rocketmail.com</p>	<p>Mondays and Thursdays, 7 – 9, in panto season</p>

<p>WI</p>	<p>Join us to be educated, entertained and to make new friends. Contact Audrey Spurr, President, on 01935 862342, email nanda3@me.com</p>	<p>Last Thursday of the month, 7 - 10</p>
<p>East Coker Chapel</p>	<p>Our name comes from the wooden chapel in the village which was our spiritual home for over a hundred years. With the building now considered unfit for purpose, we now meet in the village hall every Sunday morning at 11am to praise and worship God. The worship is led by our own worship band, we have talks by speakers from our own and other Churches. The youngsters stay with us for the worship time and then split off in age groups for Kid's Church. We hold Cafe Church once a month. Mums and toddlers meet on Tuesday mornings, the worship band meet on Tuesday evenings for prayer and practice. Our current age range is new born babies to 90+ year olds! We would love to welcome you. Please take a look at our website, eastcokerchapel.com where you can find all our contact details.</p>	<p>Sundays 11 am</p>