

Activity	Details/Contact	Day/Time
<b>EXERCISE</b>		
Pilates	Contact Kate Hayden, 01935 862256/07889 572627 or email <a href="mailto:nedyahca@hotmail.com">nedyahca@hotmail.com</a>	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 <a href="mailto:sallyhowells23@gmail.com">sallyhowells23@gmail.com</a>	Mondays 8 – 9.30
Silver Swans Ballet	Specifically created for adults aged 55 or over but everyone is welcome. Classes designed to improve mobility, posture, coordination and energy levels. Suitable for all abilities. Contact Jo at <a href="mailto:etoiledanceacademyuk@gmail.com">etoiledanceacademyuk@gmail.com</a> for more details.	Tuesdays 9 - 10
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: <a href="mailto:lisabartlett@mac.com">lisabartlett@mac.com</a> Phone: 07837 258495 <a href="http://www.facebook.com/LisaBartlettyengarYoga">www.facebook.com/LisaBartlettyengarYoga</a>	Wednesdays and Fridays 10 – 11.30

<b>Pilates</b>		Wednesdays 5.30 – 6.30 and Thursdays 11.30 – 12.30
<b>Aerobics</b>	Aerobics for all abilities. A fun way to keep fit! Contact Steph: 07444 979297 or <a href="mailto:stephanie.edwards42@yahoo.co.uk">stephanie.edwards42@yahoo.co.uk</a>	Thursdays 10 - 11
<b>Badminton</b>	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
<b>Yoga</b>		Thursdays 5.30 – 6.30
<b>CHILDREN</b>		
<b>Dance Classes</b>	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 <a href="mailto:helenlaxtondance@aol.co.uk">helenlaxtondance@aol.co.uk</a>	Fridays 5.25 – 7.45

COMMUNITY		
<b>Art Class</b>	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 <a href="mailto:enquiries@eleanorfarr.gallery">enquiries@eleanorfarr.gallery</a> or phone 07745 216811	Tuesdays, 12.45 – 3.30 Wednesdays, 1.30 – 3.30 Saturdays, 9.30 – 12.30
<b>Garden Club</b>	A sociable, friendly club for gardeners and non-gardeners. Talks on a variety of subjects. Day trips to places of interest. Contact 01935 862447	Second Thursday in the month, 7.00 – 9.45
<b>Wine Circle</b>	We have been meeting for nearly 50 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. New members – and guests – are always welcome to enjoy the exceptional value for money programmes. Membership is currently £20 per year and includes a number of commercial tastings of food and wine. Further information or advice please contact	First Wednesday in the month, 7.30 – 10.30

	David Pryor 01935 862816 Vince Wolney 01935 863838	
<b>East Coker Players</b>	<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 the committee: <a href="mailto:eastcokerplayers@gmail.com">eastcokerplayers@gmail.com</a></p>	Mondays and Thursdays, 7 – 9, in panto season
<b>WI</b>	<p>Join us to be educated, entertained and to make new friends.</p> <p>Contact Audrey Spurr, President, on 01935 862342, email <a href="mailto:nanda3@me.com">nanda3@me.com</a></p>	Last Thursday of the month, 7 - 10

<b>East Coker Chapel</b>	<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, <a href="http://eastcokerchapel.com">eastcokerchapel.com</a> where you can find all our contact details.</p>	Sundays 11 am
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