

This Diary of Events is sponsored by
the University of West London



Ealing Arts + Leisure

diary of events

Drama, Music & Arts
in the London Borough of Ealing

Issue 168

June / July 2015

www.ealingarts.org.uk
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Ealing Arts + Leisure

5 The Knoll, Ealing, W13 8HZ

Chairman : John Hummerston
Secretary : Colin Easton
Membership Secretary : Richard Partridge
Diary Editor : Richard Partridge

To join Ealing Arts & Leisure, please contact the Chairman on

Ealing Arts Line: 020 8998 4465

For event listings (members only!) or to advertise in this Diary of Events,
please send your information or enquiry to: **diary@ealingarts.org.uk**

**The copy date for entries in the August - September 2015 issue is
1st July 2015.**

For the latest information and details of all EA+L members,
visit the web site at **www.ealingarts.org.uk**

The invitation to write this editorial prompted immediate referral to the excellent website: www.ealingarts.org.uk to see what is coming up in this issue. Despite the (continuing) lack of a dedicated performance space in Ealing we are fortunate that there is nevertheless extensive musical activity across the Borough. Among the many recitals that caught my eye are performances by such well-known musicians as Ealing's own Simon Mulligan, and Jayson Gillham from Australia. It is also good to note that the magnificent organ at St Barnabas Church will be heard again: one of the recitals listed will be given by the greatly acclaimed Paul Ayres. As always, the orchestral concerts present grand musical entertainment with full and interesting programmes.

Mentioning music brings to mind an outstanding figure known to so many in Ealing as "Bev": Dr A Bowles Bevan, who died recently, will be sadly missed. Professionally he was a singer, conductor, arranger and composer; he was heavily involved with many local musical and Light Operatic groups and was a Founder Member of the Hanwell Festival and joint Founder of the Ealing Jazz Festival (this while he was Events Manager for Ealing Council). Bev's musical interests spread widely: for many years he served on the Ealing Arts Council and was Chairman of the Music Section; his experience and knowledge was much appreciated. He was the popular and much-loved organist and choirmaster at St Thomas' Church, Boston Manor, where his funeral was attended by many representatives from Ealing Arts and Leisure.

The artistic side of our EA+L members shows through at Art classes and Exhibitions all over the Borough – and with longer days to enjoy, it is time to remove the lens cap and explore and record the unusual, the mundane and the hidden corners of our ever-changing Borough. For those inclined towards a spotlight on Drama, do seek out the interesting surprises detailed between these covers. Take part in your choices, and enjoy this coming Summer Season.

John Ross

YOUNGER YEARS

JUNE 2015

Saturday June 13th

Ealing Autumn Festival

www.ealingautumnfestival.co.uk

MAGNA CARTA TURNS 800!

Launching the Magna Carta celebrations with the unveiling of the 4020 Art Group exhibition based on a concept by Diana Braybrook: a strikingly colourful depiction of the coats-of-arms of the 25 Magna Carta and King John. Talks, films and workshops too. The exhibition will tour all Ealing libraries until early December in partnership with Ealing Libraries, CCS (Cultural Community Solution) and funded by Ealing Council Ward Forums and Bubble.

11am - 4pm. Ealing Central Library, 103 Ealing Broadway Centre W5 5JY

Free Enquiries: 020 8567 7623 / 020 3700 1052 / info@ealingautumnfestival.co.uk

Saturday June 28th

Ealing Junior Music School

www.ejms.org.uk

EALING JUNIOR MUSIC SCHOOL PARTY IN THE PARK

A chance for children to "have a go" on an instrument they may otherwise never think of trying. From trumpets to trombones, horns to violins, cellos to bassoons and oboes to flutes, we'll have them all at our stall, and we teach them all on Saturdays in a fun and friendly environment.

1 - 5pm. Pitshanger Park, Meadvale Road, W5 1NR

Free, once in Party in the Park

Enquiries: admin@ejms.org.uk / 020 9893 0579

LONG-TERM & REGULAR EVENTS

Saturdays

Ealing Junior Music School

www.ejms.org.uk

EJMS is a Saturday morning music school for 3-18 year olds; we are based at Twyford C of E High School in Acton. We provide individual instrumental tuition on almost every instrument of the orchestra, as well as guitar lessons, in a relaxed and fun environment. We run some 20 orchestras and ensembles and three choirs, including one for parents, along with musicianship classes for our youngest pupils. Parents can relax in the café. Ensemble only pupils are welcome. Sorry, we do not do piano lessons.

Saturdays in term time. Twyford Church of England High School

Enquiries: 8930 0579 / admin@ejms.org.uk

Weekends, Mondays, Tuesdays, Thursdays

Madhurang Dance

INDIAN DANCE/ BOLLYWOOD CLASSES

Classes for children and adults. Learn classical dance form Kathak or Bollywood keep fit classes. ISTD approved exams can be taken; this is optional. You can join the classes at any time. This is a fun activity for one and all. Steps are taught slowly and gradually to the learner's ability. Great care is given and attention. Please call for a free trial class.

Northfields Community Centre, 71a Northcroft Road, West Ealing, W13 9SS

Enquiries: 07922 109289 / crishna8@hotmail.com

Weekdays, evenings and Saturdays

Sew what?

www.sewwhatcafe.com

SEWING CLASSES & ALTERATIONS / REPAIRS

After school Sewing Groups (9+ yrs) weekly at local parent's house or at Sewing Cafe W5 1AH.

Duke of Edinburgh, learn a skill available. Complete beginners not a problem.

Call Debbie 07946 826338.

View classes, costs and book online: *www.sewwhatcafe.com*

W5 1AH

debbie@sewwhatcafe.com / 07946 826338

Mondays

Sandy Beech Telling Tales

www.facebook.com/SandyBeechTellingTales

INTERACTIVE STORYTELLING

Active ** Hands On ** Promotes Emerging Language & Listening Skills

Drop-in, interactive singing/storytelling for 18 month - 5 year olds. Canadian actor and nursery teacher Sandy Beech uses a wide variety of puppets and props to create unique storytelling experiences. Care is taken to break up activity to cater for the needs of toddlers. We also have a small break mid-session.

To book a storytelling show for your school (2-7 yr olds), library or event, please phone or email.

10.30-11.15 am. The Green Room, Ealing Central Library, 103 The Broadway, London W5 5JY

£5 per child, (discounts for siblings: £8 for 2, £9 for 3); free for siblings under 18 months

Enquiries: 07757 309675 / sandybeech2@yahoo.co.uk

ART & CRAFTS

LONG-TERM & REGULAR EVENTS

Lady's Creative Centre

2nd Monday of each month: book club (group discussion of a book) 1 - 3pm.

Thursday: painting/drawing classes 10.15am-12.15pm; members £7/session; extra class planned

Fridays to June 19th: Sewing classes 1 - 3pm £10/£15 per session

Saturdays: dolls' house museum, art&craft show 10am - 3pm; stalls available to sell your work.

Saturday June 27th: International Creative Day, Haven Green; spaces for hire £20 each

Sundays: market 10.30am - 4pm

12 Haven Green or Caspian, Ealing, W5 2UU or locally

Membership £20/year

Contact: 020 8997 4017 / lcccharity@aol.com

Saturdays

Dinesh Studio London

PHOTOGRAPHY CLASSES

High quality inclusive bespoke photography workshops designed to inspire. Fun and relaxed hands-on classes with technical knowledge and theory. All welcome. No experience is necessary.

Saturdays 2-4pm. IMPACT Community Arts Centre, Horsenden Lane South, Perivale. UB6 8GP

£10 per hour. Book in advance

Enquiries: 07787 311929 / dineshstudiolondon@gmail.com

Pamela Lloyd-Jones

www.pamelalloydjones.com

LIFE DRAWING

Drawing from a life model with tuition. Not drop-in, you must book a place. Popular established group.

Monthly: June 6th, July 4th, 10 - 1pm. The Brentham Club, 38A Meadvale Rd. Ealing W5 1NP

£21 incl tuition, model, materials, tea/coffee/biscuits

Enquiries: 020 8993 5697 / pamelalloydjones@hotmail.com

Weekdays, evenings and Saturdays

Sew what?

www.sewwhatcafe.com

SEWING CLASSES & ALTERATIONS / REPAIRS

Complete beginners: Machine sewing (group) classes 101 - 103.

Beginners and Intermediate: 'Sewing cafe session' – sew your own alterations/repairs with guidance.

Adults & children 9yrs+. DoF E Learn-a-skill available.

Repairs & alterations – quote by appointment.

View classes, costs and book online: www.sewwhatcafe.com

W5 1AH

debbie@sewwhatcafe.com / 07946 826338

Weekdays

MCL Restoration

RESTORATION OF EASEL PAINTINGS AND ANTIQUE FRAMES

Restoration of easel paintings (including surface cleaning, removing varnish, mending tears, strip lining and relining, etc.) as well as restoration of antique frames.

For restoration work or classes please contact Marie-Christine

Enquiries: 07500 474411 / info@mclrestoration.co.uk

Mondays

The Ealing Lacemakers

7.30 - 9.30pm except bank holidays.

Room 2, Northfields Community Centre, 71a Northcroft Road, W13

Enquiries: 8991 9338

Ealing Art Group

www.ealingartgroup.moonfruit.com

DEMONSTRATIONS

June 15th: Sarah Javanicus – Painting with mixed media

July 20th: Sonia Bacchus – Still life in the style of the Old Masters

7.30 - 9.30pm.

Ealing Centre for Independent Living, 1 Bayham Road, Ealing W13 0TQ

£4 (members £1)

Enquiries (secretary): 020 8998 5662 / ealingartgroup@gmail.com

Mondays, Tuesdays, Wednesdays and Thursdays

Upholstery Classes Hanwell

Day and evening classes with Cathy Cronin

Hanwell Community Centre, Westcott Crescent, W7

Enquiries: 020 8743 6072 / c_e_cronin_1@hotmail.co.uk

St. Andrew's Art Workshops

TUTOR-LED WORKSHOPS FOR OIL PAINTING AND MIXED MEDIA

Materials supplied for all groups at small additional charge.

Oil painting workshops include structured courses for beginners.

Beginners welcome. Tutor: ex-college lecturer.

Painting: Mon, Tue, Wed 10am - 1pm. £9 per 3hr. session

Mixed media: Mon eves + Thurs 10am - 12.30pm. £8 per 2½hr session

St Andrew's Church Centre, Mount Park Rd. Ealing W5

Enquiries: 020 8998 8435

Mondays, Thursdays and Saturdays

The 4020 Art Group

www.4020artgroup.co.uk

DRAWING AND PAINTING CLASSES FOR ALL

We are a friendly bunch of amateur artists with our own studio and professional tutors. We offer a varied programme of high quality teaching for all. Beginners and more experienced artists welcome.

Weekly classes on Monday mornings and afternoons and an additional class on Thursday afternoon (term-time only):

Mondays June 8th - July 13th. 10am - 1pm or 2 - 5pm. Thursdays June 4th - July 9th. 2 - 5pm
£100 for 6 weeks, £200 for 12 weeks

Monthly Saturday Studio class:

Saturdays June 6th, July 4th. 10.30am - 4pm. Tea/coffee/biscuits provided; bring your own lunch.
£100 for 3 Saturdays, £40 per day if booked individually

Specialist short courses and evening classes run by professional tutors

4020 Art Group Studio - Hanwell Community Centre, Westcott Cres. W7 1PD

Enquiries: Maggie 020 8567 0528 / membership@4020artgroup.co.uk

Tuesdays

Northfields Camera Club

www.northfieldscameraclub.org.uk

We are a friendly group with a fun programme catering for all levels of photographers including regular workshops, outings, competitions, lectures and photoshoots. We meet every Tuesday except the second Tuesday of the month; new members always welcome.

8 - 10pm. Room 2, Northfields Community Centre, Northcroft Road, Ealing, W13 9SS

£2 (concession £1.50) per meeting plus yearly membership £20

Enquiries: chairman@northfieldscameraclub.org.uk

www.pamelalloydjones.com

Pamela Lloyd-Jones

ART CLASSES

Painting and drawing classes for the beginner and experienced. Friendly, supportive group.

April 14th - June 16th, 10 - 12am or 1 - 3pm. The Brentham Club, 38A Meadvale Rd. Ealing W5 1NP
£90 for 10 week term or £12 per session

Enquiries: 020 8993 5697 / pamelalloydjones@hotmail.com

Wednesdays

Ealing Flower Club

www.flowerarranginglondon.org.uk

FLORAL DESIGN DEMONSTRATION

June 17th: Let Annette Urquhart enchant you with her Summer Nights; let the warm breezes and the scent of her flowers relax and inspire you.

July 15th: Shamima Hasnan will take you on a journey through her Garden Delight depicted in flowers and tales.

Help judge our Club Competition.

7.15pm for 7.30 start. Liz Cantell Room, Ealing Town Hall

Visitors £5.50 per session

Enquiries (Christine): 020 8998 8228 / smtpearce@btinternet.com

Northolt & District Photographic Society

www.northoltcameraclub.co.uk

Visiting lecturers, competitions and summer outings. Visitors always welcome.

8pm. Northolt Village Community Centre

Free

Enquiries: 8578 7618

Pitshanger Painters

This workshop group meets every Wednesday morning to draw and paint. Artists pursue their own projects in whichever medium they prefer, giving comment and mutual support and sharing expertise and experiences. New members are welcome.

10am - 1pm

Termly subscription

Enquiries: 8997 5997 / ann.watkins@btconnect.com

or 01235 766746 / Margaret@dunn-reid.fsnet.co.uk

Thursdays

Ealing Quilters

June 18th: Zip Rosettes – recycling old zips

July 16th: Sew & Chat

7.30pm. Ealing Town Hall

£4 (members free)

Enquiries: 8997 2548 / 8845 2056

Ealing & Hampshire House Photographic Society

www.ehhs.org.uk

We are a very friendly and very sociable society of photographers based in Ealing. We meet weekly to hear talks and presentations and have competitions on photography. Feel free to drop in and visit us!

September to July: 8-10pm. Ealing Town Hall

Annual membership £35

Enquiries: karen_helle1@hotmail.com

CULTURE AND LEARNING

LONG-TERM & REGULAR EVENTS

Friends of Marcq-en-Baroeul

www.fomeb.eu

EALING'S TWIN TOWN IN FRANCE

The Friends of Marcq is a local group promoting friendship and activities between Ealing and Marcq-en-Baroeul, which is close to Lille, so easily accessible. Knowledge of French is not necessary for many of the organised events. We offer exchange visits to France for language and cultural weekends, staying with French hosts. There are also French classes at various levels and a variety of activities throughout the year in Ealing.

Enquiries: 020 8991 9685 / 020 8568 6159

Saturdays

Hanwell Heritage & Local History Society / Ealing Libraries

Interested in the history of Hanwell? Curious about a local building or road? Pop-in to the local history drop-in session and find out more. Enjoy an exhibition of photographs and maps of Hanwell's past. Assist to complete the archive by bringing materials and photographs. Photographs and material can be copied and returned.

First Saturday of each month, 11am - 1pm and 2 - 4pm. Hanwell Library, Cherington Road, W7 3HL
Free

Enquiries (HH&LHS): 020 8579 0178 / davidblackwell99@gmail.com

Enquiries (Ealing Libraries): 020 3700 1076 / ealing.reading@carillionservices.co.uk

Mondays

Ealing Decorative and Fine Arts Society

www.edfas.org.uk

See website for further information.

3rd Monday of the month except July, August, December, 8pm.

Victoria Hall, Ealing Town Hall

£7 to non-members (paid at door); full-time students free.

Enquiries: 020 8840 1078

Tuesdays

Historical Association: Ealing Branch

<http://ealinghistory.org.uk/>

The Historical Association is open to everyone who is interested in History, both world, national and local, and its relevance to our own times. We meet regularly on the second Tuesday of each month.

PROGRAMME FOR 2014-15

June 9th: Prof James Young Nottm Univ. – Britain and WW1 1914

7pm for 7.30pm.

The Parlour, Ealing Green Church, Ealing Green, London W5 5EW

£3 (members free)

Enquiries: 020 8567 6554 / pierre.thomas@btinternet.com

Thursdays

Ealing University of the Third Age

LECTURES

June 4th: Peter Maggs – The Red Barn Murders

June 11th: Dr. Tim Lomas – The Magic of Mindfulness

June 18th: Prof. Joe Cain – When Darwin (the newlywed) lived on Gower Street.

July 2nd: Yvonne Hughes – Women behind the Burqa

July 9th: Derek & Ruth Scott – Belle Epoque: Paris 1880-1914

July 23rd Prof. Justin Fisher – Why Magna Carta Still Matters Today

10.15am - 12 noon. Liz Cantell Room, Ealing Town Hall

£2. Members free

Enquiries: 020 8997 8630

Various days

Ealing National Trust Association

www.ealingnt.org.uk

Tuesday, 9th June: A.G.M. (Members only)

Wednesday, 8th July: "Jack Tar, Afloat and Ashore", by James Taylor.

Days as above, 7.30pm. Liz Cantell Room, Ealing Town Hall

£3 (members free)

Enquiries: 020 8567 9517

DANCE AND MOVEMENT

LONG-TERM & REGULAR EVENTS

Weekdays & evenings

Susan Jervis

www.pilatesw5.com

THE PILATES STUDIO

Custom one-to-one sessions taken by a qualified physiotherapist specialising in rehabilitation, including back and chronic pain, as well as for people who want to improve their posture and flexibility. Held in a bright studio with full pilates equipment, reformer, trapeze table, etc. Check website for details.

Montpelier Road, Ealing

Enquiries: 07796 663174 / susan@kineticconsulting.co.uk

Weekends, Mondays, Tuesdays, Thursdays

Madhurang Dance

INDIAN DANCE / BOLLYWOOD CLASSES

Younger Years

Classes for children and adults. Learn classical dance form Kathak or Bollywood keep fit classes. ISTD approved exams can be taken; this is optional. You can join the classes at any time. This is a fun activity for one and all. Steps are taught slowly and gradually to the learner's ability. Great care is given and attention. Please call for a free trial class.

Northfields Community Centre, 71a Northcroft Road, West Ealing, W13 9SS

Enquiries: 07922 109289 / crishna8@hotmail.com

Mondays

Ealing Country Dance Club

www.ealingfolk.org.uk

Enjoy the graceful exercise of English country dancing. Singles and couples of all ages and levels of experience welcome to our friendly club nights. The music is good, too!

June 1st, 15th, 29th, July 6th, 20th

8-10pm. St Barnabas Church Hall, Pitshanger Lane, W5

£3.50

Contact: 020 8998 6281 / enquiries@ealingfolk.org.uk

Tuesdays

Greenford & District Caledonian Association

www.greenfordcaledonian.net

SCOTTISH COUNTRY DANCING

Learn Scottish country dancing at our weekly Greenford Caledonian Society dance classes. All welcome. No experience necessary. See website for more details.

8 - 10pm. September 16th - June 2015.

Royal British Legion, Oldfield Lane, Greenford, Middlesex, UB6 9JS

£2.50 per evening

Enquiries: enquiries@greenfordcaledonian.net

Shape & Tone

www.yogaloretta.co.uk

YOGA

A progressive, challenging and supportive class for both experienced students and beginners. Most Tuesdays (check website for details).

7.30 - 9pm. St Peter's Church Hall, 56 Mount Park Rd, Ealing W5 2RU

£8 drop in; £7 if paid in a block

Enquiries: 020 8845 7873 / shape.tone@blueyonder.co.uk

Wednesdays

The Himalayan Institute

www.himalayaninstitute.org.uk

SUMMER YOGA SCHOOL

Drop-in classes suitable for all levels including beginners. No need to book; just drop in. Bring a mat or blanket.

8 - 9.30 pm. July 15th - August 19th.

The Friends' Meeting House, 17 Woodville Rd., Ealing W5 2SE

£10

Enquiries: 020 8567 8889 / enquiries@himalayaninstitute.org.uk

Thursdays

Shape & Tone

SHAPE & TONE EXERCISE CLASS

Varied exercises for strength, stamina and flexibility. Fun workout for all abilities.

Most Thursdays throughout the year.

7.15 - 8.30pm. Room No. 1, Northfields Community Centre, 71a Northcroft Road, W13

£5

Enquiries: 020 8845 7873 / shape.tone@blueyonder.co.uk

DRAMA, FILM AND POETRY

JULY 2015

Thursday - Saturday July 23rd - 25th

Beaufort Players

www.beaufortplayers.org.uk

YES, PRIME MINISTER — a comedy by Antony Jay and Jonathan Lynn
The UK is in crisis: debt is spiralling, unemployment is on the rise and the fragile coalition cabinet, led by Prime Minister Jim Hacker, is at breaking point. But salvation may exist in the form of a complex pipeline deal with the oil-rich country of Kumranistan that would entitle the government to a multi-trillion pound loan. When the Kumranistani Foreign Secretary makes a shocking request of Jim's Private Secretary, moral considerations collide with the economic future of the nation.
8pm (Saturday Matinee 2.30pm). Church of the Ascension Hall, Beaufort Road, Ealing W5
£10 (concessions £8)

Box office: www.beaufortplayers.org.uk/boxoffice

Enquiries: 020 8567 0275 / boxoffice@beaufortplayers.org.uk

LONG-TERM & REGULAR EVENTS

The Questors Theatre

www.ealingtheatre.com

Ealing's theatre, presenting 15-20 drama productions a year in our 350-seat Judi Dench Playhouse and 90-seat Studio. You can also join as a member and get involved!
30 May - 6 June: She Stoops to Conquer by Oliver Goldsmith - one of the English stage's greatest comedies
11 - 18 July: The Young Idea by Noël Coward - sparkling 1920s comedy from Questors Academy Student Group

Mondays

Sandy Beech Telling Tales

www.facebook.com/SandyBeechTellingTales

INTERACTIVE STORYTELLING

Younger Years

Active ** Hands On ** Promotes Emerging Language & Listening Skills
Drop-in, interactive singing/storytelling for 18 month - 5 year olds. Canadian actor and nursery teacher Sandy Beech uses a wide variety of puppets and props to create unique storytelling experiences. Care is taken to break up activity to cater for the needs of toddlers. We also have a small break mid-session. To book a storytelling show for your school (2-7 yr olds), library or event, please phone or email.

10.30-11.15 am. The Green Room, Ealing Central Library, 103 The Broadway, London W5 5JY

£5 per child, (discounts for siblings: £8 for 2, £9 for 3); free for siblings under 18 months

Enquiries: 07757 309675 / sandybeech2@yahoo.co.uk

Tuesdays

Rainbow Poetry Group

If you enjoy poetry, please come along to Hanwell Library on the 2nd Tuesday of each month. You can listen to published poems on a wide range of subjects (often with the opportunity to read aloud, if you'd like to) and there's always stimulating discussion.

June 9th: Human Rights

July 14th: Three French Poets

2.30pm. Hanwell Library, Cherington Road, W7

Enquiries: 020 8566 1742 / 020 8567 4397

Pisces Players performing as Popup Theatre

THEATRE GROUP LOOKING FOR TALENT BOTH ONSTAGE AND BACKSTAGE

Popup Theatre meet regularly once a week for workshops and rehearsals. Meetings increase once a production is under way.

We take part in a local festival to give members the chance to tackle something a little different.

We perform in a variety of venues and like to make our plays relevant to an audience and issues of the day. We started our autumn season with four short one act plays, loosely themed on education, to be performed in winter. We need both actors and extras for this. In the spring of 2014 - 2015 season we will be producing a full length play and taking part in the festival.

All welcome and age is not an issue. We cover ages from 17 to 90 and as some members are teachers can take younger people but suggest 14 years is a minimum.

8pm. St. Andrews Church Centre, Mount Park Road, Ealing, W5

Weekly meetings are covered by our donations to a collection box. Productions are covered by a production fee of between £15 to £25. *Enquiries: 020 8578 9082 / beewolfie@talk21.com*

Fridays

Classic Cinema Club – Ealing

www.classiccinemaclub.co.uk

The aim of CCCE is to show quality and non-mainstream films which have an impact on the history of international contemporary film art.

We select films that demonstrate the diversity of our world and which are seldom shown in cinemas or not easily available on rental.

Screenings are followed by a lively discussion on the quality and purpose of the film.

Check our website for details of films.

Fridays at 7.30pm. Ealing Town Hall

Enquiries: 020 8998 4465

LEISURE

JUNE 2015

June 1st - 13th

Ealing Croquet Club

www.ealingcroquet.org

INTRODUCTION TO CROQUET - short courses

Learn the basics of the game with qualified coaches. Choose a course arranged over two Saturdays or a midweek course. All equipment will be provided but please wear flat shoes. To enroll please ring or email.

We also welcome experienced players to the Club, which meets Thursday evenings and Sunday afternoons.

Monday - Thursday 1st - 4th June, 7 - 8pm

Saturdays 6th & 13th June, 2 - 4pm.

Ealing Croquet Club, Lammas Park, W5 5JH

£35 - refundable when you join the Club

Enquiries: 07890 465685 / players@ealingcroquet.org

Monday June 15th

Charlemagne Wine Club

www.charlemagnewineclub.co.uk

A convivial tasting of fine wines. See website for details.

8pm. The Forester, 2 Leighton Road, London W13 9EP

Admission by prior application

Enquiries: cwc@charlemagnewineclub.co.uk

Friday June 19th

North Ealing Wine Tasting Society (NEWTS)

www.newts-wine.net

ENGLISH WINES

Will Parker returns to lead us through a tasting of fine English Wines.

8pm. St Barnabas Millennium Hall, Pitshanger Lane, W5 1QG

£18. Admission by prior application

Enquiries: 020 8566 7373 / 020 8997 8132 / newtsealing@gmail.com

JULY 2015

Sunday July 12th

Friends of Marcq-en-Baroeul

www.fomeb.eu

BOULES

Come and join members of Ealing's Town Twinning Association for a friendly afternoon playing Boules. No booking required – just come along and share in the fun. Bring a picnic or buy food from the Will-to-Win cafe.

1 - 5pm. Will-to-Win, Lammas Park Enclosure, Culmington Road, W13 9NJ

Free

Monday July 20th

Charlemagne Wine Club

www.charlemagnewineclub.co.uk

Join us for a relaxing taste of delicious wines. See website for details.

8pm. The Forester, 2 Leighton Road, London W13 9EP

Admission by prior application

Enquiries: cwc@charlemagnewineclub.co.uk

LONG-TERM & REGULAR EVENTS

Saturdays and Sundays (some weekdays)

West London Ramblers

www.westlondonramblers.org.uk

Make new friends, improve your health and enjoy our lovely town and countryside. WL group has been doing this now for 60 years! Walks are 5-15 miles, led by volunteers.

Railway station start, usually lunchtime pub stop. No charge, but after a couple of 'tasters' you will need to join RA. For current programme see website, phone or email.

Contact: 020 8579 3678 / westlondongroup@yahoo.co.uk

Sundays

Ealing Outdoor Club

www.ealingoutdoorclub.org.uk

We organise full day walks on Sundays and walking weekends away. Our Sunday walks are in the countryside in the Chilterns and in Surrey, and we also have local walks. Walks are usually 8-12 miles in length with a pub or picnic stop for lunch. We often meet and then drive to the starting place, although we also have walks that use public transport. Please see our website for our current programme of events.

Enquiries: 01753 644086 / ealingoutdoorclub@hotmail.com

Mondays - Fridays
StayActive4Life**FALLS PREVENTION/STRENGTH AND BALANCE PROGRAMME**

Working with Active Ealing, who have been commissioned by Ealing Public Health to deliver a strength and balance programme for people over the age of 65 to help reduce the risk of falls. Reportedly, one in three people aged over 65 and one in two people aged over 80 fall each year as a consequence of reduced mobility (among other factors).

Falls destroy confidence, increase isolation and reduce independence. Each 16-week programme will aim to develop the tools to improve the key areas of strength and balance through the Laterlife OTAGO exercise programme framework.

Various times and various venues borough wide

£2.50

Enquiries: 07715170207 / StayActive4Life@hotmail.co.uk

Tuesdays, Wednesdays and Thursdays**Himalayan Institute**

www.himalayaninstitute.org.uk

MIXED ABILITY AND BEGINNERS' YOGA

Tuesdays April 14th - July 7th, no class on 26th May.

8 - 9.15pm. St. Andrew's CC, Mount Park Road, Ealing W5 2RS

£84 for 12 weeks or £42 before half term, £42 after half t. or £10 drop in

INTERMEDIATE YOGA

Tuesdays April 14th - July 7th, no class on 26th May

8 - 9.30pm. St Barnabas CC, Pitshanger Lane, Ealing W5 1QG

£84 for 12 weeks or £42 before half term, £42 after half t. or £10 drop in

BEGINNERS' MEDITATION: RELAX, BREATHE & MEDITATE

Wednesdays April 15th - July 8th, no class on May 27th

6.30 - 8pm. Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE

£36 for 6 weeks up to half term, £36 for 6 weeks after ht., £ 7 drop-in

INTERMEDIATE YOGA

Wednesdays April 15th - July 8th, no class on May 27th

8 - 9.30pm. Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE

£84 for 12 weeks or £42 before half term, £42 after ht. or £10 drop-in

MIXED ABILITY YOGA

Thursdays April 16th - July 9th, no class on May 28th

6.30 - 8pm. Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE

£84 for 12 weeks or £42 before half term, £42 after ht. or £10 drop-in

INTERMEDIATE MEDITATION: PHILOSOPHY AND MEDITATION

Thursdays April 16th - July 9th, no class on May 28th

8 - 9.30pm. Ealing Friends' Meeting House, 17 Woodville Road, Ealing W5 2SE

£36 for 6 weeks up to half term, £36 for 6 weeks after ht., £ 7 drop-in

Enquiries: 020 8567 8889

Thursdays**CLAN Social Club**

www.clansocialclub.org.uk

Friendly group of unattached people aged 50 plus meet 2nd Thursday of each month. Many other Royal social events organised.

8pm. The Royal (Harvester) pub, Boston Road. (nr Boston Manor tube)

Enquiries: Tony 020 8797 3705 or Keith 020 8571 2145

MUSIC

JUNE 2015

Saturday June 13th

West London Sinfonia

www.westlondonsinfonia.org

WLS summer concert

MAHLER: Symphony No.1

BERG: Seven Early Songs (soprano solo – Nadine Benjamin)

WAGNER: Prelude to Die Meistersinger von Nürnberg

West London Sinfonia, leader Iwona Boesche, conductor Philip Hesketh

7.30pm. St Barnabas Church, Pitshanger Lane, Ealing, W5 1QG

£15 (concessions £12, under-16 £5)

Enquiries: 020 3475 4200 / 020 8997 3450

Box office: tickets@westlondonsinfonia.org or at the door

Saturday June 20th

Ealing Guitar Classes

www.nevhawkins.com

THE COMPLETE GUITAR PLAYER WORKSHOP WITH RUSS SHIPTON

Develop your versatility as a guitar player. Learn a variety of finger-picking and strumming patterns with a world renowned guitar expert.

Russ Shipton is the author of the popular “Complete Guitar Player” course, first published by Music Sales in 1980. About 2 million of Russ’s books have been sold to date. Phone Nev Hawkins to book a place.

2 - 5pm. The Main Hall, Kingsdown Methodist Church, Kingsdown Avenue, London W13 9PR

£28

Enquiries: 020 8621 3336 / 07906 328273 / info@nevhawkins.com

Saturday June 27th

Petros Singers

www.petrossingers.org

THE SEVEN AGES OF MAN: MUSIC AND READINGS FROM CRADLE TO GRAVE

“All the world’s a stage, and one man in his time plays many parts, his acts being seven ages.” Shakespeare’s wonderful verse provides the inspiration for a diverse concert with music from five centuries. We hear of the “mewling and puking infant”, the schoolboy and the lover, through to full maturity and eventual second childishness, “sans hair, sans teeth, sans everything”. A profound and moving mixture of music and verse.

We are delighted to be joined by the prolific actor, Bruce Alexander.

7.30pm. St Peter’s Church, Black Lion Lane, Hammersmith, W6 9BE

Advance tickets £15 (concessions £10)

Box office: www.wegotickets.com/petrossingers

at the door £17 (concessions £12), under 16s £5

Enquiries: tickets@petrossingers.org

Saturday June 28th**Ealing Junior Music School**www.ejms.org.uk

EALING JUNIOR MUSIC SCHOOL at PARTY IN THE PARK

Younger Years

A chance for children to "have a go" on an instrument they may otherwise never think of trying. From trumpets to trombones, horns to violins, cellos to bassoons and oboes to flutes, we'll have them all at our stall, and we teach them all on Saturdays in a fun and friendly environment.

1 - 5pm. Pitshanger Park, Meadvale Road, W5 1NR

Free, once in Party in the Park

Enquiries: admin@ejms.org.uk / 020 9893 0579**JULY 2015****Saturday July 4th****West London Sinfonia**www.westlondonsinfonia.org

WLS End of Season London concert

HUMPERDINCK: Prelude to Hansel & Gretel

ELGAR: Concerto for cello (soloist: Corinne Morris)

TCHAIKOVSKY: Symphony No 6

West London Sinfonia, leader Iwona Boesche, conductor Philip Hesketh

7.30pm. St James's Church, Piccadilly, W1J 9LL

£15 (concessions £12, under-16 £5)

Enquiries: 020 3475 4200 / 020 8997 3450

Box office: from website (at the door cash or cheques only)

Sunday July 12th**Ealing Common Choir**www.smce.org.uk

SUMMER SONGS

Enjoy a pre-concert glass of Pimms and some canapes before indulging in some Rutter, Lauridsen and Whitacre.

Ealing Common Choir will be joined by brass and an army of percussionists.

6.30pm. St Matthew's Church, North Common Road, Ealing, W5

Box office: www.smce.org.uk

£10

Enquiries: boxoffice@smce.org.uk**Thursday July 16th****Brentham Ladies' Choir**

A SUMMER CONCERT

The Brentham Ladies' Choir, under the direction of Margaret Elvin, present an afternoon of light music to enjoy on a Summer afternoon.

2pm. Pitshanger Methodist Church Hall, Pitshanger Lane, W5 1QG on bus route E2 or E9

Tickets at the door £3 for refreshments and programme

Enquiries: 020 8567 9158

Saturday July 18th**Ealing Symphony Orchestra**www.ealingso.org.uk

JANÁČEK: Taras Bulba

John IRELAND: Piano Concerto

HOLST: The Planets

Rebeca Omordia (piano), Ealing SO, conductor John Gibbons

Supported by the John Ireland Trust

7.30pm. St Barnabas Church, Pitshanger Lane, W5 1QG

£14 (concessions £12, student/under-25 £6, accompanied under-16 £1)

Online tickets: www.ealingso.org.uk/tickets.phpEnquiries: 020 8567 4075 / secretary@ealingso.org.uk

Thursday - Saturday July 23rd - 25th

HEOS Musical Theatre

www.heos.org.uk

FROM THE TOP

Join us on an A-Z journey of musicals spanning 60 years from West End to Broadway, British to American, stage to screen.

7.45pm plus Sat mat 2.30pm.

St Thomas the Apostle Church Hall, 182 Boston Rd, Hanwell, W7 2AD

£12.50, or £10.50 earlybird paid for by 13 June

Box office: www.heos.org.uk / 07758 841523

From Monday July 27th

St Barnabas Church

www.barnabites.org

THE ST BARNABAS SUMMER PROMS 2015

Monday July 27th: Viv McLean piano recital

Wednesday July 29th: Indira Grier (cello), Francis Grier (piano) – concert of favourite cello works

Friday July 31st: St Barnabas Opera Gala! Favourite arias and ensembles from famous operas

7.30pm. St Barnabas Church, Pitshanger Lane, London W5 1QG

£10 (young people £5). No tickets sold beforehand. Admission guaranteed.

Enquiries: hmath@btopenworld.com / 020 8997 7691

LONG-TERM & REGULAR EVENTS

Saturdays

Ealing Junior Music School

www.ejms.org.uk

Younger Years

EJMS is a Saturday morning music school for 3-18 year olds; we are based at Twyford C of E High School in Acton. We provide individual instrumental tuition on almost every instrument of the orchestra, as well as guitar lessons, in a relaxed and fun environment. We run some 20 orchestras and ensembles and three choirs, including one for parents, along with musicianship classes for our youngest pupils. Parents can relax in the café. Ensemble only pupils are welcome. Sorry, we do not do piano lessons.

Saturdays in term time. Twyford Church of England High School

Enquiries: 8930 0579 / admin@ejms.org.uk

Sundays (plus a holiday Monday)

The Friends of St Mary's Perivale

www.st-marys-perivale.org.uk/events.htm

SUNDAY AFTERNOON CONCERTS AT ST MARY'S PERIVALE

Sunday May 31st: Suzanne Manuelle (soprano) Anando Mukerjee (tenor) Anthony Seddon (piano). Programme of opera highlights

June 7th: Ealing Festival Celebration Concert

June 14th: Mengyang Pan piano recital

June 21st: The Busch Ensemble

July 12th: Simon Mulligan piano recital

3pm. St Mary's Church, Perivale Lane, Perivale. UB6 8SS

Free with retiring collection

Enquiries: 020 8997 7691 / hmath@btopenworld.com

Mondays
Ealing Choral Societywww.ealingchoralsociety.org.uk

COME AND SING WITH US!

New members welcome in all parts, especially tenors and basses.

Free membership for 16-23 year olds.

60% reduction for 30 years and under.

50% reduction for new tenors and basses joining us.

Contact our membership secretary (details below) to come along to a rehearsal.

7.30 - 9.40pm. Ealing Green Church Hall, Ealing Green, W5

Enquiries: 07932 460388 (membership secretary) / membership@ealingchoralsociety.org.uk

Mondays - Thursdays
Ealing Guitar Classeswww.nevhawkins.com

BEGINNERS GUITAR COURSES FOR ADULTS

Learn about tuning the guitar, playing chords and songs. Guitar riffs and scales, Rock, blues, pop, soul, country, folk and punk guitar styles covered. No musical knowledge or experience is required to join the class. All you need is a guitar in good working order and a strong desire to learn to play.

Mondays April 20th - July 20th, 8-9.30pm. The Avenue, W13.

12 classes £180 (Small Group)

Thursdays April 23rd - July 16th, 8-9.30 pm. St Mary's Church Hall, 62 Greenford Avenue, W7.

12 classes £148 (concessions £125)

INTERMEDIATE GUITAR COURSES FOR ADULTS

Learn several songs, lead and rhythm guitar techniques. Using scales to improvise/ play lead guitar. Finger-picking techniques, guitar riffs. *Rock, blues, pop, soul, country, folk, punk and alternative guitar styles covered.

Tuesdays April 21st - July 14th, 8-9.30pm. The Avenue, W13.

12 classes. £180 (Small Group)

Wednesdays April 22nd - July 15th, 8 - 9.30pm. St Mary's Church Hall, 62 Greenford Avenue, W7.

12 classes £155 (concessions £135)

Enquiries: 020 8621 3336 / 07906 328273 / info@nevhawkins.com

Wednesdays
The Friends of St Mary's Perivalewww.st-marys-perivale.org.uk/events.htm

ST MARY'S PERIVALE WEDNESDAY EVENING CONCERTS

June 3rd: Tom Hicks (piano) / Noëlle Gruebler (violin), Olivia Geiser (piano)

June 17th: The Playfair Ensemble (conductor Chris George) with Viv McLean (piano)

June 24th: David Malusa (piano) / The Alexandra Ensemble

July 1st: Caroline Wolf (violin), Melissa Phelps (cello), John York (piano)

July 8th: The Markson Ensemble

July 15th: Royal Overseas League Prizewinners Concert

7.30pm. St Mary's Church, Perivale Lane, Perivale. UB6 8SS

Free with retiring collection

*Enquiries: 020 8997 7691 / hmath@btopenworld.com***Gregorian Chant Workshop**

We are a parish-based group. We learn and sing new chants every week, and join in the Abbey services once a month. Beginners and experienced singers are welcome.

6.40 - 8pm every Wednesday. The Bulbeck Room, Ealing Abbey, Marchwood Crescent, W5 2DZ

Enquiries: 020 8991 1081 / doroplacmartin@gmail.com

Wednesdays continued

Ealing Folk and Blues Club

Hosted by "Oddfellas". All standards welcome. Play/sing or just enjoy the entertainment.

Every First Wednesday of the month 8-11pm

Drayton Court Fuller's pub in West Ealing. 2 The Avenue, W13 8PH

Free entry

Questors Choir

www.questorschoir.org.uk

COME AND SING WITH QUESTORS CHOIR

Don't be shy – come along and see what you make of us. Newcomers can attend up to three sessions on a free trial basis. There are no auditions, and all abilities and voice parts are welcome. Try us out and you'll soon have a passion for choral singing!

Our repertoire is deliberately varied. Past concert performances include major works – ranging from Baroque to contemporary, as well as folk songs, spirituals and Christmas carols. Above all, we aim to enjoy ourselves through singing. In addition to performing in concerts three to four times a year, we also organise or take part in open singing days, choral workshops and singing festivals. Each Christmas we sing for a national or local charity selected by the members of the choir.

8 - 10pm. St Martin's Church, Hale Gardens, W3 9SQ

Box office: www.questorschoir.org.uk

Full Year – £130 (concessions £110), single term – £55 (concessions £45)

Enquiries: info@questorschoir.org.uk / 8816 7734 / 07802 720 333

Julian Light Operatic Society

www.julianoperatic.org

THE PIRATES OF PENZANCE – REHEARSALS

Music rehearsals for Gilbert and Sullivan's delightful The Pirates of Penzance, our November 2015 show. Call JLOS's secretary Debbie Edwards 07976 577232 for details.

7.45 - 9.45pm. Nelson Room, Ealing Town Hall

Free, but if you want to become a member, a subscription will be charged

Enquiries: 07976 577232 / inform@julian.org

Fridays

St Barnabas Church

www.barnabites.org/concerts

ST BARNABAS FRIDAY LUNCHTIME CONCERTS

June 5th: Jayson Gillham (piano)

June 12th: Mark Viner (piano)

June 19th: Mathilde Milwidsky (violin)

June 26th: Nicholas Drinkwater (piano)

July 3rd: The Grier Piano Trio

July 10th: Georgia Brown (flute)

July 17th: Paul Ayres (organ)

July 24th: Sarah Gabriel (soprano) Viv McLean (piano)

July 31st: James Brawn (piano)

1pm. St Barnabas Church, Pitshanger Lane, London W5 1QG

Free with voluntary donations

Enquiries: 020 8997 7691 / hmath@btopenworld.com

MULTI-ACTIVITY

JUNE 2015

Saturday June 13th

Ealing Autumn Festival

www.ealingautumnfestival.co.uk

MAGNA CARTA TURNS 800!

Younger Years

Launching the Magna Carta celebrations with the unveiling of the 4020 Art Group exhibition based on a concept by Diana Braybrook: a strikingly colourful depiction of the coats-of-arms of the 25 Magna Carta barons and King John. Talks, films and workshops too. The exhibition will tour all Ealing libraries until early December in partnership with Ealing Libraries, CCS (Cultural Community Solution) and funded by Ealing Council Ward Forums and Bubble.

11am - 4pm. Ealing Central Library, 103 Ealing Broadway Centre W5 5JY

Free Enquiries: 020 8567 7623 / 020 3700 1052 / info@ealingautumnfestival.co.uk

ANNOUNCEMENTS

Grassroots Arts Groups – Vince Hines Foundation

www.adgfac.com

GRASSROOTS ARTS ACTIVITIES FOCUSING ON GLOBAL FESTIVAL

THE AFRIKA AND DIASPORA GLOBAL FESTIVAL OF ARTS AND CULTURES (Adgfac) is called for Namibia during summer 2017. The Government of Namibia has given its formal approval for the Project, which is a thirty year artistic and cultural programme, to be held every three-four years, from 2017 to 2047 in that country. Special guests' performers from non Afrikan nations are being invited.

Adgfac Mission Statement

- To bring together in one place, in Afrika, Afrikan and Afrikan heritage artists, of various genres, from across the world, including Afrika, Europe, the Americas, the Caribbean, the Middle and Far East, Asia the Pacific and Australasia, to celebrate Global Afrika's Artistic and Cultural creativities, over a four week period and every three or four years thereafter, for the same period, for thirty years, during the 21st Century. Local grassroots artists are preparing hoping to be selected to perform at event.

Please contact the Vince Hines Foundation for further details:

The Acton Active Centre, High Street, Acton, W3 6LG

support@ubol.com
/ grassrootsarts@ubol.com

IMPACT Theatre

www.impacttheatre.co

IMPACT THEATRE HAS MOVED AT LAST!

We would like to let everyone know that IMPACT has finally moved to its new venue - IMPACT Community Arts Centre

Ealing Central Sports Ground, Horsenden Lane South, Perivale, UB6 8GP

Look out for disability and inclusive arts events for all ages throughout the year!

ART & CRAFTS

The 4020 Art Group
Diana Braybrook – artist
Dinesh Studio London
Ealing and Hampshire House Photographic Society
Ealing Art Group
Ealing Flower Club
Ealing Lacemakers
Ealing Quilters
Lady's Creative Centre
MCL Restoration
Northfields Camera Club
Northolt and District Camera Club
Pamela Lloyd-Jones Art Classes
Patricia Burbidge Water Colours
Pitshanger Painters
Pottery Classes with Paul Tierney
St Andrew's Art Workshops
Sew what?
Timothy Robinson Photography
Upholstery Classes Hanwell

CULTURE & LEARNING

Anglo-Italian Circle of Ealing
Brentham Book Group
Campaign for an Ealing Performance and Arts Centre (CEPAC)
Ealing Decorative and Fine Arts Society (EDFAS)
Ealing National Trust Association
Ealing University of the Third Age (U3A)
Friends of Marcq-en-Baroeul
Hanwell Heritage & Local History Society
Historical Association: Ealing Branch
Workers' Educational Association, Ealing Branch

DANCE & MOVEMENT

Ealing Country Dance Club
Greenford & District Caledonian Association
Madhurang Indian Dance
The Pilates Studio
Shape & Tone
Shaw School of Dance
West London Backcare

DRAMA, FILM & POETRY

Beaufort Players
Classic Cinema Club
Ealing Green Players
Impact Theatre
Pisces Players (Popup Theatre)
The Questors Theatre
Rainbow Poetry Group
Sandy Beech Telling Tales
Theatre West 4 (TW4)

LEISURE

Charlemagne Wine Club
CLAN Social Club
Ealing Croquet Club
Ealing Outdoor Club
The Gardening Club
North Ealing Wine Tasting Society (NEWTS)
StayActive4Life LLP
West London Ramblers

MUSIC

Brentham Ladies' Choir
Ealing Chamber Music Club
Ealing Choral Society
Ealing Common Choir
Ealing Folk and Blues Club
Ealing Guitar Classes
Ealing Junior Music School
Ealing Symphony Orchestra
Ealing Youth Orchestra
Friends of St Mary's Perivale Music Section
Gregorian Chant Workshop
HEOS Musical Theatre
Julian Light Operatic Society
Music Lessons West London
Petros Singers
The Questors Choir
St Barnabas Church concerts
West London Sinfonia

MULTI-ACTIVITY

Ealing Music & Film Festival
Grassroots Arts Festival Support Group
Himalayan Institute of Yoga Science and Philosophy
West London Arts Scene (Ealing Autumn Festival)

For further information and contact details for all members, see the EA+L website
www.ealingarts.org.uk
or phone the Arts Line on 020 8998 4465.

Friends of Ealing Arts

Have you ever thought of becoming a Friend of Ealing Arts?

It costs only £10 per year or £15 for joint membership. For this you will receive the Diary of Events, with a Newsletter, direct by post six times a year. You will also get a £2 discount on summer Theatre coach trips. There are plans for block bookings for Friends to Musical Events and there are occasional 'Get-Togethers'.

For further details contact:
Hon Secretary of **Friends of Ealing Arts**,
42a Bradley Gardens,
Ealing,
London.
W13 8HF

or the **Ealing Arts line : 020 8998 4465**

StayActive4Life Exercise Classes

Strength & Balance Programme

These classes will help increase your confidence and independence whilst reducing your risk of falls!

Day:	Time:	Start Date:	Price
Greenford Community Centre, 170 Oldfield Lane South, Greenford, UB6 9JS			
Monday	10.45-11.45	13th April 2015	£2.50
Greenford Hall - Ruislip Room, Ruislip Road, Greenford, UB6 9QN			
Tuesday	10.00-11.00am	15th April 2015	£2.50
St Thomas Church Hall, 182 Boston Road, Hanwell, W7 2AD			
Tuesday	12.30-1.30pm	21 st April 2015	£2.50
St Mary's Church Hall, St Mary's Church, Church Rd, Hanwell, W7 3QP			
Tuesday	2.00-3.00pm	14th April 2015	£2.50
Hanwell Community Centre, Westcott Crescent, Hanwell, W7 1PD			
Wednesday	10.00-11.00am	22nd April 2015	£2.50
Hanwell Medical Centre, 20 Church Road, Hanwell, W7 1DR			
Thursday	10.00-11.00am	16th April 2015	£2.50
Haven Green Baptist Church Hall, Castlebar Road, Ealing, W5 2UP			
Thursday	2.00-2.45pm	16th April 2015	£2.50
St Mary's Church Hall, 1 The Mt, Uxbridge Road, Acton, W3 9NW			
Friday	11.30-12.15pm	17th April 2015	£2.50

Weight Management Classes

Loose Weight in a fun and supportive group environment. Participating in a group exercise class challenges you to work out beyond your perceived limitations, and achieve your goals quicker.

Greenford Community Centre, 170 Oldfield Lane South, Greenford, UB6 9JS			
Monday	9.30-10.30am	13th April 2015	£4.50
Greenford Baptist Church Hall, Beechwood Avenue, Greenford, UB6 9UA			
Tuesday	7.00-8.00pm	14th April 2015	£4.50
Hanwell Community Centre, Westcott Crescent, Hanwell, W7 1PD			
Wednesday	10.15-11.00am	Ongoing	£4.50
Hanwell Community Centre, Westcott Crescent, Hanwell, W7 1PD			
Saturday	10.00-11.00am	Ongoing	£5.50

Please contact us for details on our latest classes including Zumba Gold!

Aran Summers, StayActive4Life LLP

† 020 85747785 / m 07715170207 / e StayActive4Life@hotmail.co.uk

