

OCTOBER — NOVEMBER 2019

# What's On



Arts and leisure  
activities across the  
borough of Ealing

EVENTS INSIDE THIS ISSUE

Music, Art, Crafts, Culture,  
Education, Dance, Movement,  
Drama, Comedy, Poetry,  
Leisure, Multi-Activity

# What's On – so much to do in Ealing

October and November are some of the busiest months for our performing societies, so don't let the dark evenings put you off: take a good look at *What's On*, and then go out for the evening! There's an immense amount to enjoy and admire, so close to home.

It's not all about taking in a performance, though. Why not join one of our regular groups? You'll be spoilt for choice within.

Don't forget that all our members' events, regular or one-off, are also publicised in the Events section of the Ealing Arts & Leisure website, [www.ealingarts.org.uk](http://www.ealingarts.org.uk), which includes any updates and some future events. The Members section has details of all our members, whether or not they are advertising in *What's On*.

## Contents

- 1 MUSIC
- 8 ART & CRAFTS
- 11 CULTURE & LEARNING
- 15 DANCE & MOVEMENT
- 19 DRAMA, FILM, COMEDY & POETRY
- 21 LEISURE
- 23 MULTI-ACTIVITY
- 24 YOUNGER YEARS
- 26 OUR MEMBERS

Ealing  
Arts &  
Leisure

## Music



### MUSIC AT ST MARY'S PERIVALE

Perivale Lane  
UB6 8SS



This 12th-century church is West London's foremost classical music venue, presenting world-class soloists and ensembles in an intimate atmosphere. See listings or website for concert details.

Concerts Wednesday evenings and Tuesday and Sunday afternoons throughout the year

*'An impressive roster of fine musicians ... an excellent acoustic... and the audience can appreciate being closer to the musicians [than at other venues]'*

Frances Wilson ('The Cross-eyed Pianist')

Nearest Tube station: Perivale

[www.st-marys-perivale.org.uk](http://www.st-marys-perivale.org.uk)

## OCTOBER

### West London Sinfonia

FRIDAY 4 OCTOBER

#### PRE 2019/20 SEASON RECEPTION

West London Sinfonia is holding a reception to introduce its exciting programme for the forthcoming 2019/2020 season. There will be a presentation of the six-concert programme, which includes a 50th anniversary concert at St John's Smith Square. Drinks and snacks will be served, and there will be live entertainment. Everybody welcome.  
7.30-9.30pm. *The Michael Room, St Michael & All Angels' Church, Bedford Park, London W4 1TT*  
Free

WLS Helpline: 020 3475 4200 • [friends@westlondonsinfonia.org](mailto:friends@westlondonsinfonia.org) • [www.westlondonsinfonia.org](http://www.westlondonsinfonia.org)

### Ealing Symphony Orchestra

SATURDAY 5 OCTOBER

ARNOLD: Peterloo Overture  
RESPIGHI: Adagio con variazioni  
TCHAIKOVSKY: Romeo and Juliet  
SHOSTAKOVICH: Symphony No. 5  
Rachael Bucknall, Ealing Symphony Orchestra / John Gibbons  
7.30pm. *St Barnabas Church, Pitshanger Lane, London W5 1QG*  
£14 (under-25 and full-time students £5, under-18 free). Phone or email for season ticket details.

020 8567 4075 • [secretary@ealingso.org.uk](mailto:secretary@ealingso.org.uk) • [www.ealingso.org.uk](http://www.ealingso.org.uk)

Find us online at  
[ealingarts.org.uk](http://ealingarts.org.uk)

 [facebook.com/EalingArts](https://www.facebook.com/EalingArts)

Want to know how to list an event  
or advertise here?  
Visit [ealingarts.org.uk/join](http://ealingarts.org.uk/join).

**West London Sinfonia**  
**CONCERT: A MIDSUMMER NIGHT'S DREAM**

SATURDAY 12 OCTOBER

MOZART: Overture to *The Magic Flute*  
 MENDELSSOHN: A Midsummer Night's Dream  
 Featuring selected text spoken by actors from the Arts Educational School, Bath Road, Chiswick  
 7.30pm. *St Michael & All Angels', Bath Road, Bedford Park, Chiswick*  
 £14 (concessions £12, children/students £5)  
 Bookings can be made online or tickets obtained at the door.  
 020 3475 4200 • info@westlondonsinfonia.org • www.westlondonsinfonia.org

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**NOVEMBER**

**Ealing Choral Society**  
**BENJAMIN BRITTEN: St NICOLAS**

SATURDAY 16 NOVEMBER

Come and enjoy Britten's much-loved cantata covering the dramatic sequence of events in the legendary life of Saint Nicolas, together with the following works:  
 McDOWALL: Ave Maris Stella  
 HOWELLS: Hymn for St Cecilia  
 HOLST: Two Psalms and St Paul's Suite  
 London Concordia Ensemble (leader Fenella Humphreys), conductor Jonathan Williams  
 7.30pm. *St Barnabas Church, Pitshanger Lane, Ealing, W5 1QG*  
 £17 (concessions £15, under-18 £3) 07957 923341 • www.ealingchoralsociety.org.uk  
 Box office: www.wegotickets.com/event/478308 or phone as above



**Ealing Choral Society**  
 Benjamin Britten  
**ST NICOLAS**  
 McDOWALL Ave Maris Stella  
 HOWELLS Hymn for St Cecilia  
 HOLST Two Psalms & St Paul's Suite

**LONDON CONCORDIA ENSEMBLE**  
 Fenella Humphreys LEADER  
 Jonathan Williams CONDUCTOR

**SATURDAY 16 NOVEMBER 2019 7:30 PM**  
 ST BARNABAS CHURCH, PITSHANGER LANE, EALING, W5 1QG

Tickets: £17, £15 (conc), £3 (under 18)  
 Box Office: 07957 923341  
 www.wegotickets.com/event/478308  
 www.ealingchoralsociety.org.uk • Charity No. 278174

**Julian Light Operatic Society**  
**THE YEOMEN OF THE GUARD (GILBERT AND SULLIVAN)**

WEDNESDAY 20 - SATURDAY 23 NOVEMBER

Desperate to dodge the tower executioner's blade, a falsely imprisoned colonel seeks the help of his old sergeant's family. A girl, jester and lovesick jailer are unwittingly entangled in a journey of bribery and impersonation.  
 This tragicomedy explores the vagaries of true love and forced marriage, accompanied by Sullivan's acclaimed musical score.  
 7.45pm + Saturday matinee 2.30pm. *Questors Theatre, W5 5BQ*  
 £10 to £20 according to date and concessions 07976 577232 • inform@julianoperatic.org.uk  
 Box office: www.questors.org.uk/event.aspx?id=831



**JULIAN OPERATIC EALING**

**The Yeomen Of The Guard**  
 or  
**The Merryman And His Maid**  
 by  
**W.S. Gilbert & Arthur Sullivan**

**The Questors Theatre Ealing**  
**20-23 November 2019 at 7.45pm**  
**Saturday Matinée at 2.30pm**

**Tickets from £10 to £20: The Questors Theatre Box Office**  
**020 8567 5184 or www.questors.org.uk**  
**or visit www.julianoperatic.org for further details**

**Ealing Symphony Orchestra**

SATURDAY 30 NOVEMBER

Howard BLAKE: Piano Concerto  
 MAHLER / Deryck Cooke: Symphony No. 10  
 Julian Trevelyan, Ealing Symphony Orchestra / John Gibbons  
 7.30pm. *St Barnabas Church, Pitshanger Lane, London W5 1QG*  
 £14 (under-25 and full-time students £5, under-18 free). Phone or email for season ticket details.  
 020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

## Early DECEMBER

### Petros Singers THE FESTIVAL OF CHRISTMAS

SATURDAY 7 DECEMBER

Our Christmas concert celebrates the traditions and rituals that have developed around the festive season. We'll be decking the halls, quaffing wassail, hanging holly and ivy, roasting chestnuts and counting every lord, lady, partridge and pear tree. Alongside our traditional audience carols, the programme features music by Praetorius, Betty Roe and Bob Chilcott. We promise a winter wonderland full of gifts, decorations, feasting and drinking.

7.30pm. *St Peter's, Black Lion Lane, Hammersmith, London W6 9BE*

£17 (concessions £15, under 18s/students £5)

tickets@petrossingers.org • www.petrossingers.org

## REGULAR EVENTS

### The Hanwell Voice Studio SINGING LESSONS

Singing lessons with a professional opera singer from English National Opera. Master a solid vocal technique, essential for success in performance. Tuition for all musical styles. Beginners welcome.

*The Hanwell Voice Studio, W7*

Enquiries (Lydia Marchione, AGSM): 07791 170662 • www.lydiamarchione.com

### The Friends of St Mary's Perivale SUNDAY CONCERTS AT ST MARY'S PERIVALE

SUNDAYS

6 October: Andrew Yiangou & Joanna Kacperek (piano duo)

13 October: Lara Melda (piano)

20 October: The Artisti con Brio Ensemble

27 October: Alena Walentin (flute), Niklas Walentin (violin), Viv McLean (piano)

10 November, 7.30pm: Christopher Kent (actor), Gamal Khamis (piano) (*please note time*)

17 November: Mengyang Pan (piano)

3pm, *except as above. St Mary's Perivale, Perivale Lane, Perivale, UB6 8SS*

*Free with a retiring collection*

020 8997 7691 • hmather@btopenworld.com • www.st-marys-perivale.org.uk

### Ealing Chamber Music Club

MONDAYS

New playing members (and visitors) are always welcome at our regular evenings.

Free refreshments.

*2nd Monday in the month, except January, August and September. Please phone to check before coming.*

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

020 3143 3206 • ealingchambermusic@gmail.com • www.ealingchambermusic.wordpress.com

### Capital Chorus WEEKLY REHEARSAL

MONDAYS

We're a friendly, diverse and welcoming group of men who love to sing close-harmony songs in the barbershop style. Whatever your age or experience, come and meet us at our weekly open rehearsal. Barbershop could be the exciting, rewarding, fun hobby you're looking for.

7.45 - 10.15pm. *Kingsdown Methodist Church, Northfield Avenue, Ealing, W13 9PR*

07963 595930 • www.capitalchorus.co.uk

### The Love2sing Choir THE LOVE2SING EALING CHOIR – DAYTIME

MONDAYS

Take part in fun, friendly and informative rehearsals and twice-yearly concerts. Choir meets for 35 rehearsals a year (term lengths vary 10-13 wks). Styles include musical theatre, pop, rock, big band, Motown, traditional choral and more.

1-3pm. *North Hanwell Baptist Church, Cuckoo Avenue, W7 1BW*

Monthly: £20.40

07989 560603 • admin@love2sing.co.uk • www.love2sing.co.uk

### The Friends of St Mary's Perivale TUESDAY AFTERNOON PIANO RECITALS AT ST MARY'S PERIVALE

TUESDAYS

1 October: Noah Zhou

8 October: Ran Feng

15 October: Mihai Ritivoiu

22 October: Dominic Degavino

29 October: Florian Mitrea

5 November: Anna Tsybuleva

12 November: Thomas Kelly

19 November: Ryan Drucker

26 November: Jianing Kong

2pm. *St Mary's Perivale, Perivale Lane, Middlesex. UB6 8SS*

*Free with a retiring collection*

020 8997 7691 • hmather@btopenworld.com • www.st-marys-perivale.org.uk

### The Friends of St Mary's Perivale WEDNESDAY EVENING CONCERTS AT ST MARY'S PERIVALE

WEDNESDAYS

9 October: Tim Crawford (violin), Tim Posner (cello), James Coleman (piano)

16 October: Thomas Carroll (cello), Graham Caskie (piano)

6 November: The New Street Ensemble

13 November: Lasma Taimini (violin) / Samuel Queen (baritone)

20 November: The Odysseus Piano Trio

27 November: Pasha Mansurov (flute), Takashi Kikuchi (viola), Jozef Janik (piano)

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

*Free with a retiring collection*

020 8997 7691 • hmather@btopenworld.com • www.st-marys-perivale.org.uk

## Gregorian Chant: Ealing Abbey Lay Plainchant Choir WEDNESDAYS

Director Fr Peter Burns OSB.

Exploring the riches of the Gregorian Chant tradition. New members always welcome. We usually sing at a Parish Liturgy once each month at 12 noon. A group also sings at a local care home monthly.

6.30 for 6.40 - 8pm. Bulbeck Room of the Ealing Abbey Parish Centre

Voluntary contribution of £2 per session

020 8862 2160 • gregorianchantealing@gmail.com • www.ealpc.org

## Questors Choir WEDNESDAYS

### COME AND SING WITH QUESTORS CHOIR

Like singing choral music? Not sure? Free on Wednesday evenings? If 'Yes', and you're over 16 years old, why not come along and try us? We're a well-established, friendly, West Acton-based, Ealing community choir of around 60 members. First three sessions are free of charge, with no obligation to join. You will not be asked to audition: just turn up, join in and do your best! 8 - 10pm. St Martin's Church hall, Hale Gardens, W3 9SQ. Just a short walk from Ealing Common tube station (Piccadilly & District lines), 207, 427, 607 and 440 bus routes, and with on-street parking outside.

£140 yearly / £130 early birds / £110 concessions. £60 (£50 for concessions) each term. Free for 16-25s.

07802 720333 • more@questorschoir.org • www.questorschoir.org

## Julian Light Operatic Society WEDNESDAYS

### THE YEOMEN OF THE GUARD (GILBERT AND SULLIVAN)

We are cracking on with our rehearsals for G&S's *The Yeomen of the Guard*. Gilbert's libretto examines the vagaries of true love, power and forced marriage, accompanied by some of Sullivan's finest music. Believe it or not, all voice parts welcome, especially sopranos and altos.

7.45pm. St Matthew's Church, North Common Road, Ealing, London W5 2QA

No admission charge (membership fee if you decide to join)

07976 577232 • inform@julianoperatic.org • www.julianopoeratic.org

## Ealing Common Choir THURSDAYS

### WHERE SINGERS ARE WELCOME

Experience the pleasure of singing an amazingly wide repertoire to a high standard. We give 3-4 concerts a year interspersed with workshops and social events.

You should be able to read music, sing in tune and sight-read a simple line.

7.30 - 9.30pm. St Matthew's Church, North Common Road, Ealing, W5 2QA

£40 per term. Try the choir for free for your first ever 3 weeks. Concessions for all students.

chair@smce.org.uk • www.smce.org.uk

## St Barnabas Church FRIDAYS

### FRIDAY LUNCHTIME CONCERTS AT ST BARNABAS

4 October: Rokas Valuntonis (piano)

11 October: Rose Hsien violin, Andrew Hsu (piano)

18 October: Megumi Fujita (piano)

25 October: tbc

1 November: Sarah Gabriel (soprano), Viv McLean (piano)

8 November: Corinne Morris (cello), Peter Limonov (piano)

15 November: The Heron Piano Trio

22 November: The Alkyna String Quartet

29 November: tbc

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

Free with a retiring collection

020 8997 7691 • hmather@btopenworld.com • www.barnabites.org/page/12/friday-lunchtime-concerts



# Art & Crafts

## OCTOBER - NOVEMBER

### Ealing Art Group

THURSDAY 17 OCTOBER - WEDNESDAY 6 NOVEMBER

#### EXHIBITION AND SALE OF ORIGINAL ART

As theatre opening times. Questors Theatre, 12 Mattock Lane, Ealing W5 5BQ

Free

020 8998 5662 (secretary) • ealingartgroup@gmail.com • www.ealingartgroup.co.uk

### REGULAR EVENTS

#### Lady's Creative Centre (reg. charity no. 1041528)

SATURDAYS

##### ART & CRAFTS CLASSES

Dolls' House Museum (entry £1.50), art displays

10am-3pm (opening hours can be extended on request). 12 Haven Green, W5 2UU

020 8578 1610 • lcccharity@aol.com • www.ladyscreativecentre.co.uk

#### Pamela Lloyd-Jones Art Classes

SATURDAYS

##### LIFE DRAWING

Tutored life drawing workshop for all levels of experience. Great models and fun, friendly, supportive atmosphere. Must book in.

10am - 1pm Saturdays 19 October, 16 November, 7 December

The Brentham Club, 38a Meadvale Road, Ealing, W5 1NO (near Pitshanger Lane)

£22: all materials included, as well as tea/coffee and biscuits

07941 938466 • pamelalloydjones@hotmail.com • www.pamelalloydjones.com

#### The Ealing Lacemakers

MONDAYS

A small, friendly group making a variety of laces, independently run, startup tuition available

Every Monday except for bank holidays and all of August

7.30 - 9.30pm.

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

£12 for 4 weeks 020 8991 9338 • cathyadams@ntlworld.com

#### Ealing Art Group

MONDAYS

21 October: Lecture by Ronnie Ireland – *Light and Shade: Rembrandt and Caravaggio*

7.30-9.30pm. Centre For Independent Living, 1 Bayham Road, Ealing, W13 0TQ

£4 (members £1)

020 8998 5662 • ealingartgroup@gmail.com • www.ealingartgroup.co.uk

#### The 4020 Art Group

MONDAYS & TUESDAYS

##### 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 adults. Beginners and more experienced artists welcome.

Term time only:

Monday 9 September - Tuesday 10 December (½ term Monday 21 October – Friday 1 November)

Weekly Monday classes: 10am - 1pm or 2 - 5pm

Tuesday mornings: 10am - 1pm

£180 for 12 weeks

Specialist short courses and evening classes run by professional tutors: see website

Hanwell Community Centre, Westcott Crescent, W7 1PD

07535 347764 • membership@4020artgroup.co.uk • www.4020artgroup.co.uk

#### The Fine Art Room

MONDAYS, TUESDAYS, FRIDAYS & SATURDAYS

Learn new skills, develop your creativity and enjoy affordable art courses with professional artist and qualified art tutor Mario Lautier Vella in a fun and supportive environment. Meet other local artists in class, at social events or on art holidays as we experience the best of London's cultural scene, plus art collections and sites of interest further afield.

Courses this Autumn (September-December):

- Art studio course: Monday morning, Monday afternoon, Tuesday afternoon and Friday afternoon in Northfields and Ealing Broadway

- Life drawing studio: Monday afternoon in Northfields

- Learn to draw: Tuesday morning in Ealing Broadway

Plus workshops, exhibitions, events and more – go to [www.thefineartroom.com](http://www.thefineartroom.com) for times, venue and course info. 07930 649299 • [thefineartroom@gmail.com](mailto:thefineartroom@gmail.com) • [www.thefineartroom.com](http://www.thefineartroom.com)

#### Patricia Burbidge

TUESDAYS

##### WATERCOLOUR PAINTING NORTHFIELDS COMMUNITY CENTRE

Mixed-ability watercolour painting classes. We experiment with colour mixing, still life and landscape composition using a variety of watercolour techniques.

17 September - 26 November

10am-12.30pm: £80 and 1-4pm: £90

Room 1, Northfields Community Centre, 71a Northcroft Road, W13 9SS

020 8891 5115 • [artist@patriciaburbidge.com](mailto:artist@patriciaburbidge.com) • [www.patriciaburbidge.com](http://www.patriciaburbidge.com)

#### Pamela Lloyd-Jones Art Classes

TUESDAYS

##### WATERCOLOUR TECHNIQUES AND CREATIVE APPLICATIONS

For the beginner to the most experienced .... watercolour is tricky stuff, but learn all the techniques in a fun, friendly atmosphere. 'Flowers' will be our learning source, and creative projects will be based on these.

Tuesdays 10 September - 10 December (½ term 29 October), 10am - 12 noon or 1pm - 3pm.

The Brentham Club, 38a Meadvale Road, Ealing, W5 1NO (near Pitshanger Lane)

£143 for 13-week class or £14 drop in

07941 938466 • pamelalloydjones@hotmail.com • www.pamelalloydjones.com

## Sew What?

### MACHINE SEWING CLASSES

Adult machine sewing classes for all skill levels.  
Also kids weekly, after-school classes and holiday club.  
Call Debbie to book.

*Sew What? W5 1AH. Limited space - call to book in advance, please.*

debbie@sewwhatcafe.com • 07946 826338 • www.sewwhatcafe.com

TUESDAYS - SATURDAYS

Younger Years

## Ealing Flower Club

### FLORAL DESIGN DEMONSTRATIONS

*Do you love flowers? Why not join us for an evening of flowers?*

16 October: As autumn is just around the corner, Theresa Rodrigues's title *Ode to Autumn* is very appropriate. I wonder how she will depict this in her demonstration.

20 November: *Elegant Christmas* is the title of our 'very own' Peter Bodnar and Stefan Carolan's demonstration. Come and watch how they create such wonderful floral art. Surely not to be missed! Some lucky people take home wonderful arrangements each month from our raffle – it could be you!

*7pm for 7.30 start. St Barnabas Church, Pitshanger Lane, W5 1QG (buses E2 and E9 go past the door, or roadside parking)*

*Visitors welcome: £6 per session, or why not become a member?*

Enquiries: (Jenni) 07772 975554 • jennisworld48@hotmail.com

(Christine) 020 8998 8228 • smtpearce@btinternet.com

Follow us on Facebook: Ealing Flower Club

WEDNESDAYS

## HCC Upholstery and Refurbishment Group

WEDNESDAYS & THURSDAYS

If you would like to learn from scratch or wish to carry on a skill you have previously learnt, with a professional instructor on hand to guide you, please come and join our friendly groups run through a not-for-profit organisation.

We encourage the recycling of old chairs by recovering or completely re-upholstering (or somewhere in between). Anything from a dining chair to a sofa (although there is a waiting list for sofas because of the storage space required). Our group is run informally and is project-led, so you work at your own pace on a project of your choice.

*Two classes a week, 10am-1pm. Hanwell Community Centre, W7 1PD (free parking)*

*10 to 12 week term – 3 academic terms/year*

*Autumn 2019 term starts 10 September. £210 for 12 weeks + £5 annual group membership fee*

07831 117294 (Dominique) • heringj@btinternet.com (Jane)

## Ealing Quilters

THURSDAYS

17 October: Fabric manipulation

21 November: Quick piecing

*7.30pm. Ealing Centre for Independent Living (ECIL), 1 Bayham Road, West Ealing, W13 0TQ*

*£4 (members free) 020 8998 6023 • kaisa.mills@blueyonder.co.uk*

## Ealing & Hampshire House Photographic Society

THURSDAYS

A long-established, friendly and sociable group of photographers, meeting weekly for talks, practicals and competitions, both Print and Projected. All levels welcome – come along and take your photography to the next level. See [www.ehhps.org.uk/event-calendar](http://www.ehhps.org.uk/event-calendar) for details of events.

*7.45 for 8-10pm. The Brentham Club, 38a Meadvale Road, W5 1NP*

*Very reasonable subscription: first visit free.*

publicity@ehhps.org.uk • www.ehhps.org.uk

# Culture & Learning

## Friends of Marcq-en-Baroeul

### 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 • www.fomeb.eu

## Colette Wilson French Cultural Courses SPRING 2020, TUESDAYS & WEDNESDAYS

Selection of courses throughout the year on French literature, art, film, history and culture. Friendly, interactive sessions and group discussion. Meet new people, make new friends. All courses in English, texts in translation. Notes provided. Limited places.

### 'PARIS, CAPITAL OF THE NINETEENTH CENTURY': THE MODERN CITY 1848-1914

*Tuesdays 7 January to 24 March 2020, 2-4pm*

### PARIS POST-WAR: EXISTENTIALISM, ART AND PROTEST

*Wednesdays 8 January - 25 March 2020, 2-4pm*

Further courses scheduled (email for details): French Modern Autobiography and Autofiction, Representing Art and Artists in Literature and Film, France-Algeria – Orientalism to Postcolonialism.

*All courses: venue near Pitshanger Lane, Ealing. £120 for each 12-week course*

Contact to book/enquire: wilson\_colette@btinternet.com

## NOVEMBER

## The Himalayan Institute of Yoga Science & Philosophy

### AYURVEDA DAY

SATURDAY 16 NOVEMBER

*Please see advertisement overleaf*

## REGULAR EVENTS

## Vitality Leap – Body, Heart and Mind

SATURDAYS & SOME FRIDAYS

### TLC FOR DYING PEOPLE

Tender Loving Care training for carers of dying people, covering the four phases of Dying, Vigiling, Tender Touch, Listening Skills, Small Acts of Kindness, etc. This is not just for professional end-of-life practitioners, but for everybody who likes to be of service for a dying friend or relative.

*One-day courses on Saturdays 9 Nov, 30 Nov, plus Friday 25 Oct*

*10am-5.30pm. Fireside Lodge, Hanwell, W7 3QU*

£80

07766 464623 • Andrea.Silverbear@gmail.com • www.firesidelodge.co.uk/tlc.html

Himalayan Institute of Yoga Science & Philosophy.  
[www.himalayaninstitute.org.uk](http://www.himalayaninstitute.org.uk) Reg. charity 1048336

## AYURVEDA DAY

### Harmony with the flow of daily & seasonal change

**Angela Hope-Murray**

MSc Ayur. MA.. BSc Ost. DO. HCPC reg Pod.  
 Author of "Ayurveda for Dummies" & "Healing with Ayurveda"

Saturday 16<sup>th</sup> November 2019

9.30am – 4.15pm

Friends' Meeting House,  
 17 Woodville Road, Ealing W5 2SE

Ayurveda says much about adjusting one's diet and lifestyle according to the time of day and season of the year. Insomnia is often associated with unmeasured eating and activity later in the day. Likewise autumn illnesses can be avoided by adapting to the changing patterns of temperature, rainfall and daylight as winter approaches.

#### Programme

Registration 9.15am

9.30-10.45 The basics of Ayurveda

Coffee break

11.15-12.30 Daily routines for balance of body & mind

Lunch (soup, bread & cheese etc.)

1.45-3.00 Routines for Spring and Summer

Break

3.15-4.15 Adjusting to Autumn and Winter

.....

Pleasant venue with easy parking Lunch provided  
 Bookstall: titles on Ayurveda, Yoga, Meditation, Philosophy

To book, contact Lisa Schlotmann:  
[enquiries@himalayaninstitute.org.uk](mailto:enquiries@himalayaninstitute.org.uk) or 020 8567 8889

Fee £60 (members £35) [£10 deposit on booking]

## Ealing Readers

MONDAYS

We are an informal book group and welcome new members. We read and discuss a wide variety of books including contemporary fiction. Our meetings are monthly, and once a year we visit the theatre to see a play such as Ibsen's *Rosmersholm*.

First Monday of each month, 7.30pm. The Castle Inn, 36 St Mary's Road Ealing W5 5EU

hazannewilliams@gmail.com • <https://redlionreadersealing.wordpress.com/>

## Historical Association: Ealing Branch

TUESDAYS

*The Historical Association is open to everyone who is interested in history – world, national and local – and its relevance to our own times. We meet regularly on the second Tuesday of each month. There will also be organised outings to places of historical interest, one in the autumn and another in the spring.*

8 October: Prof. Matthew Seligman, Professor of History Brunel University – *The Treaty of Versailles – a Reassessment*

(6th form lecture at Twyford CoE High School, Twyford Avenue, W3 9PP at 6.30pm)

12 November: Dr Edward Hicks – *Spencer Perceval*

Except as above, 7pm for 7.30pm. Ealing Green Church, Ealing Green, London W5 5QT

£5 (members free) 020 8567 6554 • pierre.thomas@btinternet.com • [www.ealinghistory.org.uk/](http://www.ealinghistory.org.uk/)

## Ealing National Trust Association

TUESDAYS

1 October, 7:30pm: *Theatrical Personalities of the 18th and 19th Centuries* by Frances Hughes

5 November, 2:30pm: *Great Mysteries and Conspiracy Theories* by the Revd Nicholas Henderson  
 Parish Hall, Christ Church, Ealing Broadway, W5

£3 (members free)

020 8567 9517 • [www.ealingnt.org.uk](http://www.ealingnt.org.uk)

## Vitality Leap – Body, Heart and Mind

TUESDAYS & FRIDAYS

### REIKI 1 COURSE

Reiki is a Japanese energy treatment system. Level 1 focuses on self-development and meditation.

2-afternoon course: Tuesdays, 12 and 19 Nov, 1-4.30pm

3-evening course: Fridays 8, 22, and 29 Nov: 7.15-9.30pm

Cost: £90 plus manual (£15). Hanwell (directions upon sign-up)

fireside.andrea@gmail.com • [www.firesidelodge.co.uk/reiki-first-degree](http://www.firesidelodge.co.uk/reiki-first-degree)

## The Himalayan Institute of Yoga Science & Philosophy

WEDNESDAYS

### HOW TO MEDITATE, IN 5 STEPS

Learn and develop how to relax your body and breath, focus your mind and sit resting in a place of stillness – in 5 easy stages. This 5-week course will prepare you for this journey.

18 September - 16 October, 6.30-8pm.

Ealing Friends' Meeting House, 17 Woodville Road, Ealing, W5 2SE

£40 for full course

020 8567 8889 • [enquiries@himalayaninstitute.org.uk](mailto:enquiries@himalayaninstitute.org.uk) • [www.himalayaninstitute.org.uk](http://www.himalayaninstitute.org.uk)



## Ealing University of the Third Age WEEKLY MEETINGS AND OTHER ACTIVITIES

THURSDAYS &amp; OTHER DAYS

EALING U3A – a co-operative of older people sharing educational, creative and leisure activities. Members have access to our weekly talks on Thursday mornings, which are held at Ealing Green Church. Our talks to November are:

3 October: John Naylor – *'Out of the Blue': visual spectacles from rainbows, halos, sky colours and mirages*

10 October: Dr Brian Marker – *Geological perspectives on climate and life*

17 October: Helen Johnston – *'Palace Foreshores': Investigations on the River Thames at Richmond, Fulham, Greenwich and the Tower of London*

24 October: Dan Williams – *Ealing Films: an introduction and analysis of key films from the Ealing studios*

31 October: Mark Lewis – *'Exploring Folklore' - looking at the nature and origins of folklore and some of its broad themes*

7 November: Jean Brewster – *The Secret Life of the English Language*

14 November: Doug King – *'A Defender of the Realm': my time in the Royal Household 2007- 2012*

21 November: The Hon Dr Jocelynn Scutt – *When is Conduct Criminal?*

28 November: Mike Black – *Food for Thought*

Members can also participate in the various interest groups. We currently have 40 of these, covering leisure activities such as rambles, art appreciation, book circles, crafts, history, music, film, languages, table tennis, theatre outings and visits to interesting places, as well as occasional short courses. Full details are on the Ealing U3A web site.

*Thursday meetings 10am. Ealing Green Church, Ealing, W5 5QT - opposite Ealing Film Studios*  
*Annual membership £25: non-members £3 on the day*

enquiries@u3aealing.org.uk • www.u3aealing.org.uk

## The Himalayan Institute of Yoga Science & Philosophy PHILOSOPHY AND MEDITATION

THURSDAYS

How to relax, breathe and meditate; some experience of meditation desirable  
8-9.30pm 12 September - 12 December (no class on 24 October)

£104 for full course or £54 for half or £8 drop-in

Ealing Friends' Meeting House, 17 Woodville Road, Ealing, W5 2SE

020 8567 8889 • enquiries@himalayaninstitute.org.uk • www.himalayaninstitute.org.uk

## Vitality Leap – Body, Heart and Mind GUIDED DRUM MEDITATIONS

FRIDAYS

The soft drum beat allows you to switch off your busy 'left brain', so that you can connect to your essence and receive new inspiration.

11 October, 15 November, 6 December: 7.30-9pm.

Fireside Lodge, Hanwell (directions once you sign up).

£15 per evening. 07766 464623 • vitalityleap@gmail.com • www.vitalityleap.com/drummeditations.html

# Dance & Movement

REGULAR EVENTS

## Northfields Morris Dancers

SATURDAYS

### MORRIS DANCING – HAVE FUN WITH BELLS ON!

Give Morris dancing a try with your friendly, local Morris team. Open to all; no experience necessary. Great exercise and lots of fun. Or join our band! Do get in touch.

5-6.30pm. Northfields Community Centre, W13 9SS.

First time free, then £3 (concessions £2)

07952 238422 • northfieldsmorris@gmail.com • www.northfieldsmorris.com

## Suzanne Gribble - Iyengar Yoga

SATURDAYS

### TEENS YOGA CLASSES

Younger Years

Yoga classes for teenagers focusing on improving flexibility, strength and stamina and a quieter mind. Beginners welcome.

4.30-5.30 (please check dates in advance). Northfields Community Centre, W13 9SS

£7 a session (£30 for a block of five)

07916 145786 • suzanne.gribble@gmail.com

http://suzannegribbleyoga.com • www.facebook.com/SuzanneGribbleIyengarYogaTeacher

## Vitality Leap – Nordic Walking

SATURDAYS, SUNDAYS, SOME FRIDAYS

### FOUNDATION AND ADVANCED COURSES

Learn correct pole use and walking technique to achieve a great whole-body workout.

*Foundation course (2 hours): 26 Oct 10am-12noon.*

*Two-part Foundation course: 4 & 11 Oct 11am-12noon, 17 & 24 Nov 1.30-2.30pm.*

*Advanced course: 10 Nov, 1-3pm. £30 (poles included)*

07766 464623 • vitalityleap@gmail.com • www.vitalityleap.com/nordiccourses.html

## Susan Jervis Pilates Studio

WEEKDAYS &amp; WEEKDAY EVENINGS

Custom one-to-one sessions taken by a qualified physiotherapist specialising in rehabilitation, including back and chronic pain, as well as improving posture and flexibility. Held in a bright studio with full pilates equipment, reformer, trapeze table, etc., and the new 'Core Align' machine to improve gait and lower body strength.

Pilates Studio, Montpelier Road, Ealing

07796 663174 • www.pilatesw5.com

## Madhurang Dance

WEEKENDS, MONDAYS, TUESDAYS, THURSDAYS

### 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 and attention are given. Please call for a free trial class.

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

07922 109289 • crishna8@hotmail.com

## Freestyle Pilates

MONDAYS

Freestyle Pilates classes to strengthen your core and improve your overall fitness and flexibility  
 7.30-8.30pm. Northfields Community Centre, 71a Northcroft Road, W13 9SS  
 £8 per class  
 Also one-to-one sessions in private gym 07950 118199 / margaretpilates@hotmail.co.uk

## Ealing Country Dance Club

MONDAYS

Ready for something new? If you'd like to do something different and make new friends, come and try the gentle exercise of traditional English folk dancing. Men and women, singles and couples are all welcome to our friendly club nights.  
 7, 21 October; 4, 18 November, 8-10pm. St Barnabas Church Hall, Pitshanger Lane, W5 1QG  
 £4.50 020 8998 6281 • www.ealingfolk.org.uk

## Vitality Leap: Body, Heart and Mind

MONDAYS

### SHAOLIN TAI CHI – BEGINNER COURSE

8-week course. After the course, you may join our regular class at 12.45.  
 Starts 7 October - 2 December (not 4 November): 11.30am -12.30pm.  
 Exercise Studio West Ealing (call for directions/access code)  
 £68 for whole course (pay in advance), first try-out session only: £8.50  
 07766 464623 • silverwing.shaolin@gmail.com • www.vitalityleap.com/taichi.html

## Suzanne Gribble - Iyengar Yoga

MONDAYS, WEDNESDAYS &amp; FRIDAYS

General Iyengar yoga classes focusing on alignment of the body to help improve flexibility, strength and stamina and a quieter mind  
 Mondays 9.15-10.45am and 11am-12.30pm. Northfields Community Centre, W13 9SS  
 Wednesdays 9.15-10.45am. Northfields Community Centre, W13 9SS  
 Fridays 11am-12.30pm. 'on route', 44 - 46 South Ealing Road, W5 4QA. Beginners welcome.  
 £66 for block of 6, £120 for block of 12, £13 drop-in 07916 145786 • suzanne.gribble@gmail.com  
 http://suzannegribbleyoga.com • www.facebook.com/SuzanneGribbleIyengarYogaTeacher

## West London Backcare

TUESDAYS

### STRETCH AND RELAXATION CLASSES

Exercises to strengthen back and core muscles to improve strength, flexibility and stability, then a short relaxation session. Please bring a mat. Friendly group.  
 10.55-11.55am Tuesdays 1, 8, 15, 22, 29 October; 5, 12, 19, 26 November; 3 December  
 St Andrew's Church Centre, Mount Park Road, W5 2RS  
 £7 020 8997 4848 • tfsawicka@yahoo.co.uk

## Yoga With Loretta

TUESDAYS

Experienced and Beginners welcomed! Join our warm and friendly class to gain strength and flexibility, improve posture and alignment, with mindfulness. You may be gently challenged to push yourself ... and keep smiling!  
 7.30-9pm. St Peter's Church Hall, 56 Mount Park Road, Ealing, W5 2RU  
 £9 drop in; £8 if paid in a block  
 020 8845 7873 • shape.tone@blueyonder.co.uk • www.yogaloretta.co.uk

## Greenford & District Caledonian Association

TUESDAYS

### SCOTTISH COUNTRY DANCING

For beginners or experienced dancers – all levels of dancing welcome  
 8-10pm. Royal British Legion Greenford, 182 Oldfield Lane South, UB6 9JS  
 £2 (members £1.50) enquiries@greenfordcaledonian.net • www.greenfordcaledonian.net

## The Himalayan Institute of Yoga Science and Philosophy

TUESDAYS, WEDNESDAYS &amp; THURSDAYS

### MIXED-ABILITY YOGA

Suitable for those with some experience of yoga, but beginners are also welcome.  
 10-11.30am, Tuesdays 6 August - 10 December (no class on 22 October)  
 £7 drop-in fee. Ealing Friends' Meeting House, 17 Woodville Road, Ealing, W5 2SE

### MINDFUL YOGA

Gentle yoga postures combined with introduction to meditation and breathing exercises for a more inclusive practice  
 11.30am-1pm, Tuesdays 6 August - 10 December (no class on 22 October)  
 £7 drop-in fee. Ealing Friends' Meeting House, 17 Woodville Road, Ealing, W5 2SE

### BEGINNERS' AND MIXED-ABILITY YOGA

This course is suitable for students with some experience of yoga as well as beginners.  
 8-9.15pm, Tuesdays 10 September - 10 December (no class on 22 October)  
 £117 for full course or £59 for half or £11 drop-in  
 St Andrew's CC, Mount Park Road, Ealing, W5 2RS

### INTERMEDIATE YOGA

Suitable for those with some experience of yoga  
 8-9.30pm, Tuesdays 10 September - 10 December (no class on 22 October)  
 £117 for full course or £59 for half or £11 drop-in  
 St. Barnabas Millennium Hall, Pitshanger Lane, Ealing, W5 1QG

### INTERMEDIATE YOGA

Suitable for those with some experience of yoga  
 8-9.30pm. Wednesdays 11 September - 11 December (no class on 23 October)  
 £117 for full course or £59 for half or £11 drop-in  
 Ealing Friends' Meeting House, 17 Woodville Road, Ealing, W5 2SE

### MIXED-ABILITY YOGA

Suitable for beginners as well as those with some experience of yoga  
 6.30-8pm, Thursdays 12 September - 12 December (no class on 24 October)  
 £117 for full term or £59 for half or £11 drop-in  
 Ealing Friends' Meeting House, 17 Woodville Road, Ealing, W5 2SE  
 020 8567 8889 • enquiries@himalayaninstitute.org.uk • www.himalayaninstitute.org.uk

## Abi Barber – abibiyoga

### YOGA FOR RUNNERS (8.30-9.30PM)

WEDNESDAYS

Ease out those hip flexors and hamstrings, strengthen the glutes, improve your balance and core stability, and deepen your breathing. Suitable for all levels of experience – plenty of options on offer.

*Yogis Studio, 1 Spring Bridge Mews, W5 2AB*

*Each class £12 per person, drop in* 07944 286685 • abibarber1@gmail.com • www.abibiyoga.co.uk/

## Shape & Tone

### SHAPE & TONE EXERCISE CLASS

THURSDAYS

Small friendly class for us more mature people, and others, that want to keep fit and healthy.

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

Most Thursdays throughout the year.

*7.30-8.30pm. Room No. 1, Northfields Community Centre, 71a Northcroft Road, W13*

*£6* 020 8845 7873 • shape.tone@blueyonder.co.uk

## Abi Barber – abibiyoga

### VINYASA FLOW YOGA

THURSDAYS

An energising class moving through a series of linked standing poses towards calmer floor-based work and finally, a beautiful place of stillness and relaxation. Suitable for all levels of experience – plenty of options on offer.

*7-8am and 6-7pm. Pilates Body Shape Studio, 20 Boston Parade, W7 2DG*

*£12 per person, drop in* 07944 286685 • abibarber1@gmail.com • www.abibiyoga.co.uk/

# Drama, Film, Comedy & Poetry

OCTOBER - NOVEMBER

## The Questors Theatre

FRIDAY 11 - THURSDAY 18 OCTOBER

### THE DOG & THE SCARF, ARIADNE & THE MONSTERS

Two one-act pieces:

*The Dog & the Scarf* is a tale of a dog who loves his master and mistress. He shows this love every day by bringing his master the scarf his wife lovingly knitted for him, being rewarded with a kind pat on the head. This means the whole world to him. Nothing, no distance or regime that rules by fear, can stop the dog from his daily task. Because all he knows is trust and love.

*Ariadne & the Monsters* is an adaptation of the Greek myth *Theseus and the Minotaur*. It uses physical theatre, dance, text and songs to tell this legendary tale. Focusing on five major characters of the story, it will explore themes of blame, fate, responsibility and power.

Suitable for ages 12+.

*Daily at 7.45pm except Sunday-Monday; Sunday at 2.30pm.*

*The Studio, The Questors Theatre, 12 Mattock Lane, W5 5BQ.*

*£8-£18. Save 50% on opening nights – all tickets just £8*

020 8567 5184 • www.questors.org.uk/dogandariadne/

## Theatre West Four

TUESDAY 29 OCTOBER - SATURDAY 2 NOVEMBER

### AGATHA CRUSTY AND THE VILLAGE HALL MURDERS by Derek Webb

Agatha Crusty is a crime novelist, and pretty adept at solving crimes too. After spending just days in the village of Chortleby, she gets wrapped up in a series of murders. With an incompetent investigation officer, the laughs pile up as fast as the bodies.

*7.30 pm daily + 2.30 pm Saturday. The Questors Studio Theatre, 12 Mattock Lane, W5 5BQ*

*From £10*

07870 196959 • ellie.hopkins@btinternet.com • www.theatrewest4.wordpress.com

Box office: 020 8567 5184 • www.questors.org.uk

## The Questors Theatre

THURSDAY 7 - SATURDAY 16 NOVEMBER

1984

*War is peace. Freedom is slavery. Ignorance is strength.*

The year is 1984, and Winston Smith lives in the crumbling metropolis of London. He is a government employee in this terrifying dystopian world, and his job is to rewrite history for the Ministry of Truth.

When he is handed a note that says 'I love you' by a woman he barely knows, he tries to rebel against this repressive regime and risk everything to search for the truth. But in this closely-monitored society, is there any escape from Big Brother?

The Questors Theatre's 90th anniversary celebratory production. Suitable for ages 13+.

*Daily at 7.45pm except Sunday-Tuesday; Sunday at 2.30pm.*

*Judi Dench Playhouse, The Questors Theatre, 12 Mattock Lane, W5 5BQ.*

*£8-£18. Save 50% on opening nights – all tickets just £8*

020 8567 5184 • www.questors.org.uk/1984/

## The Questors Theatre

### DAYS OF SIGNIFICANCE

FRIDAY 15 - THURSDAY 21 NOVEMBER

From drunken brawls to war in Iraq; who is fighting for us?

In market-town England, Ben and Jamie are on a standard drunken night out with their mates. It's the usual bender in town, where the lads insult each other and flirt with the girls, who insult them back. But tonight is different: the next day, the two young soldiers are off for active service in Iraq. Out of their depth and fighting in a war that they don't understand, the young men are managing their moral compass, loyally following orders and trying to keep in touch with their complex love lives. All with bravado that belies the truth of their fear and vulnerability.

But what is the impact on these alienated and susceptible soldiers? And what consequences will their ill-equipped moral codes have on the West and the people they come home to?

Suitable for ages 16+ due to adult content: nudity and profanity.

*Daily at 7.45pm except. Sunday & Monday; Sunday at 2.30pm.*

*The Studio, The Questors Theatre, 12 Mattock Lane, W5 5BQ.*

*£8-£18. Save 50% on opening nights – all tickets just £8*

020 8567 5184 • [www.questors.org.uk/significance](http://www.questors.org.uk/significance)

## The Beaufort Players

WEDNESDAY 27 - SATURDAY 30 NOVEMBER

### HANDBAGGED by MOIRA BUFFINI

Beaufort Players' winter production: *Handbagged* by Moira Buffini – a playful speculation on the relationship between HM The Queen and Margaret Thatcher

*8pm Wed-Fri, 7pm Sat. The Church of the Ascension, Beaufort Road, Ealing, W5 3EB*

*£10 - £12*

07730 572389 • [boxoffice@beaufortplayers.org.uk](mailto:boxoffice@beaufortplayers.org.uk) • [www.beaufortplayers.org.uk](http://www.beaufortplayers.org.uk)

## Popup Theatre

THURSDAY 28 - SATURDAY 30 NOVEMBER

### WAITING IN THE WINGS

Mystery play with some comedy, set in private residential care. Residents band together to unravel things.

*7.45pm. Questors Studio Theatre, 12 Mattock Lane, London W5 5BQ*

*£7*

020 8578 9082 • [beewolfiekit2@gmail.com](mailto:beewolfiekit2@gmail.com)

Box office: 020 8567 5184

## REGULAR EVENTS

## The West London Fantastic Film Society

THURSDAYS

Dedicated to the strange and exciting world of fantasy films on reel celluloid film

*First Thursday each month, February - November. 7.30pm - 11pm.*

*The Royal Harvester Restaurant, Boston Manor Road, London W7 2AX*

*£5 per show / £1 Lifetime Film Society Membership Card*

Enquiries: 07939 395128 • [filmhorror@yahoo.co.uk](mailto:filmhorror@yahoo.co.uk)

## Rainbow Poetry Group

TUESDAYS

If you enjoy poetry on a wide range of subjects, we invite you to our informal monthly meetings at Hanwell Library (on the second Tuesday). We bring, read and discuss published poems, with a specific theme each month.

*Next meetings: 8 October, 12 November, 2.30pm. Hanwell Library, Cherington Road, W7*

Enquiries: 020 8567 4397 • [donkennedy@f2s.com](mailto:donkennedy@f2s.com)

# Leisure

OCTOBER

## North Ealing Wine Tasting Society (NEWTS)

### RHONE WINES WITH GILBERT WINFIELD

FRIDAY 4 OCTOBER

We start the new season with a tasting of wines from France's Rhone Valley.

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

*£20. Admission by prior application*

020 8578 1206 • 020 8997 8132 • [newtsealing@gmail.com](mailto:newtsealing@gmail.com) • [www.newtsealing.org](http://www.newtsealing.org)

## Charlemagne Wine Club

MONDAY 21 OCTOBER

### NAPA VALLEY, CALIFORNIA

Vivienne Franks takes us along the Silverado Trail to the wineries of the Napa Valley.

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

*£20 by prior application*

[cwc@charlemagnewineclub.co.uk](mailto:cwc@charlemagnewineclub.co.uk) • [www.charlemagnewineclub.co.uk](http://www.charlemagnewineclub.co.uk)

NOVEMBER

## North Ealing Wine Tasting Society (NEWTS)

### WINES OF ARGENTINA WITH IAN MCLAREN

FRIDAY 1 NOVEMBER

Join us for a tasting of wines from Argentina, led by Ian McLaren.

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

*£20. Admission by prior application*

020 8578 1206 • 020 8997 8132 • [newtsealing@gmail.com](mailto:newtsealing@gmail.com) • [www.newtsealing.org](http://www.newtsealing.org)

## Charlemagne Wine Club

MONDAY 18 NOVEMBER

A selection of fine wines to tickle your palate. Bordeaux or Tuscany will feature in this tasting.

See our Facebook page [www.facebook.com/charlemagnewineclub/](http://www.facebook.com/charlemagnewineclub/) or website for further details.

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

*£20 by prior application*

[cwc@charlemagnewineclub.co.uk](mailto:cwc@charlemagnewineclub.co.uk) • [www.charlemagnewineclub.co.uk](http://www.charlemagnewineclub.co.uk)

## REGULAR EVENTS

### StayActive4Life

At StayActive4Life we believe that everybody deserves the help and support to live a more active and healthy life. We know you want to keep on the move, feel better and have more energy.

To stay fit, healthy and active for longer we can help you to:

- \* Strengthen your muscles and become more flexible
- \* Maintain your balance so that you feel steady on your feet and reduce your risk of falls
- \* Have greater stamina and more energy so that you can live your life to the full.

We are in the process of establishing Pilates, Tai Chi for Arthritis and Fall Prevention, Stretch and Tone and Dance4Health Classes.

We are currently able to offer the first four Strength & Balance sessions for free at the venues below when bringing your copy of Ealing Arts *What's On*:

- St Mary's Church, 1 The Mount, High Street, Acton, W3 9NW (Mon, 10:45-11:15)
- St Mary's Church Hall, 62 Greenford Avenue, Hanwell, W7 3QP (Tue, 12:30-13:15)
- William Hobbayne Centre, 45 Lower Boston Road, Hanwell, W7 3TP (Tue, 13:45-14:30)
- Pitshanger Methodist Church Pitshanger Lane, Ealing, W5 1QP (Wed, 10:30-11:15)
- Haven Green Baptist Church, Castlebar Road, Ealing, W5 2UP (Thu, 12:00-12:45)
- St Mary's Church, 1 The Mount, High Street, Acton, W3 9NW (Fri, 11:45-12:30)
- St Paul's Church, Ridley Avenue, Ealing, W13 9XW (Fri, 12.30-1:15)

For your nearest class please contact us or see our full list of classes on the website.

01753 653836 • 07715 170207 • Admin@StayActive4Life.co.uk • www.careplace.org.uk/Services/14856

### West London Group of Ramblers Association

SATURDAYS, SOME SUNDAYS AND VARIOUS WEEKDAYS

Make new friends, improve your health and enjoy our lovely town and countryside. Walks are 4-14+ miles, led by volunteers and carefully graded. Railway station start, usually lunchtime pub stop. No charge, but after a couple of 'tasters' you will need to join the RA. For details see website, phone or email.

020 8863 6523 • westlondongroup@yahoo.co.uk • www.westlondonramblers.org.uk

### Club West

SUNDAYS

#### PUB LUNCHE AND COFFEE MORNINGS FOR UNATTACHED OVER-50S

We meet every Sunday for lunch and drinks in a pub somewhere in Ealing, Chiswick, Hammersmith or Richmond. We also meet midweek for coffee, quizzes and other activities. The *Club West* sign will be on one of our tables. No need to book.

12.30. A pub in West London

020 8992 6134 • www.clubwest.org.uk

### Hanwell Table Tennis Club

MONDAYS

#### TABLE TENNIS FOR OVER-55s

Beginners: we want you! Played before: very welcome! Retired: this is the place for you! Wear plimsolls or trainers. We have spare bats and balls for starters. Just pop in and give it a go. 2-4pm, except bank holidays. Rear entrance of Hanwell Methodist Church, Church Road, W7 1DJ £3.50 per session

### Ealing Over 60 Network (EON)

MONDAYS

A wide range of activities run by members for members throughout the day (stay for whatever suits you), also a 'bring and share' lunch. Feel free to turn up – we're a friendly group. All ideas for the weekly programme welcome; email us for the latest bulletin.

*Mondays except public holidays, 10am - 5pm.*

*Ealing Quaker Meeting House, 17 Woodville Road, W5 2SE*

*No membership fees; donate on the day*

Andrée (Secretary) 077611 04609 • ealingover60network@gmail.com

### CLAN Social Club

WEDNESDAYS

Are you single? Over 50? Enjoy socialising? Come and find out more over a cup of coffee. Meet members and see a programme of current events.

*1st Wednesday of the month, 11am at a coffee shop near you, in Ealing and surrounding areas.*

*Free*

Keith 020 8571 2145 or Bette 07446 300007

### CLAN Social Club

THURSDAYS

Another chance to find out more about our friendly social club for unattached over-50s. Come along for a chat and find out about our current programme of events.

*2nd Thursday every month, 8pm.*

*The Royal (Harvester) pub, Boston Road (nearest station Boston Manor)*

Keith 020 8571 2145 or Bette 07446 300007

## Multi-activity

### IMPACT Theatre

IMPACT Theatre is a theatre company for adults with learning disabilities. The lives of our members are enriched by a wealth of activities across the performing and creative arts. IMPACT Community Arts Centre is a fully equipped accessible arts centre with facilities such as a studio theatre, recording/rehearsal room and meeting rooms. These facilities are also available for hire, which further supports provision of training, volunteering and work experience opportunities for people with learning disabilities.

*IMPACT Community Arts Centre, Perivale, UB6 8GP*

020 8997 8979 • info@impacttheatre.co • www.impacttheatre.co



# Younger Years

## REGULAR EVENTS

### Suzanne Gribble - Iyengar Yoga TEENS YOGA CLASSES

SATURDAYS

Yoga classes for teenagers focusing on improving flexibility, strength and stamina and a quieter mind. Beginners welcome.

4.30-5.30pm (please check dates in advance). Northfields Community Centre, W13 9SS

£7 a session (£30 for a block of five) 07916 145786 • suzanne.gribble@gmail.com

<http://suzannegribbleyoga.com> • [www.facebook.com/SuzanneGribbleIyengarYogaTeacher](http://www.facebook.com/SuzanneGribbleIyengarYogaTeacher)

### Madhurang Dance INDIAN DANCE/ BOLLYWOOD CLASSES

WEEKENDS, MONDAYS, TUESDAYS, THURSDAYS

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 and attention are given. Please call for a free trial class.

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

07922 109289 • crishna8@hotmail.com

### Sew What? MACHINE SEWING CLASSES

TUESDAYS - SATURDAYS

Adult machine sewing classes for all skill levels.

Also kids weekly, after-school classes and holiday club.

Call Debbie to book.

Sew What? W5 1AH. Limited space - call to book in advance please.

[debbie@sewwhatcafe.com](mailto:debbie@sewwhatcafe.com) • 07946 826338 • [www.sewwhatcafe.com](http://www.sewwhatcafe.com)

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To join the list, please contact:  
The Secretary, Ealing Arts Supporters' List,  
2 Carlton Road, Ealing, London W5 2AW  
020 8997 7131

# Our Members

## ART & CRAFTS

The 4020 Art Group  
 BEAT (Borough of Ealing Art Trail)  
 Diana Braybrook – artist  
 Dinesh Studio London  
 Ealing & Hampshire House  
 Photographic Society  
 Ealing Art Group  
 Ealing Flower Club  
 Ealing Lacemakers  
 Ealing Quilters  
 HCC Upholstery &  
 Refurbishment Group  
 J Broom Art  
 Jessica Rose – painter,  
 printmaker & art teacher  
 Lady's Creative Centre  
 Pamela Lloyd-Jones Art Classes  
 St Andrew's Art Workshops  
 Sew What?  
 Timothy Robinson Photography  
 Watercolour Painting Northfields

## CULTURE & LEARNING

CEPAC - Campaign for an Ealing  
 Performance and Arts Centre  
 Colette Wilson French  
 Cultural Courses  
 Ealing National Trust Association  
 Ealing Readers  
 Ealing University of the Third Age  
 Friends of Marcq-en-Baroeul  
 Hanwell & Ealing Heritage Museum  
 Historical Association:  
 Ealing Branch

## DANCE & MOVEMENT

abibiyoga  
 Ealing Country Dance Club  
 Freestyle Pilates  
 Greenford & District  
 Caledonian Association  
 Madhurang Indian Dance  
 Mehran Ghodsi Chair Yoga  
 Northfields Morris Dancers  
 The Pilates Studio  
 Shape & Tone / Yoga with Loretta  
 Spritely Fitness  
 Suzanne Gribble - Iyengar Yoga  
 Vitality Leap  
 West London Backcare  
 West London Dancing

## DRAMA, FILM, COMEDY & POETRY

Beaufort Players  
 Conjuring at the Court  
 Impact Theatre  
 Pisces Players (Popup Theatre)  
 The Questors Theatre  
 Rainbow Poetry Group  
 Theatre West 4 (TW4)  
 West London Fantastic Film Society

## LEISURE

Charlemagne Wine Club  
 CLAN Social Club  
 Club West  
 Ealing Over-60 Network (EON)  
 Hanwell Table Tennis Club

North Ealing Wine Tasting  
 Society (NEWTS)  
 StayActive4Life LLP  
 West London Group of  
 Ramblers Association

## MUSIC

Capital Chorus  
 Ealing Abbey Choir  
 Ealing Chamber Music Club  
 Ealing Choral Society  
 Ealing Common Choir  
 Ealing Folk Club  
 Ealing Junior Music School  
 Ealing Symphony Orchestra  
 Ealing Youth Orchestra  
 Friends of St Mary's Perivale  
 Music Section  
 Gregorian Chant: Ealing Abbey  
 Lay Plainchant Choir  
 Hanwell Voice Studio  
 HEOS Musical Theatre  
 Julian Light Operatic Society  
 Love2sing Choirs  
 Petros Singers  
 Questors Choir  
 St Barnabas Church concerts  
 West London Sinfonia  
 West London Strings

## MULTI-ACTIVITY

Ealing Music & Film Festival  
 Himalayan Institute of Yoga  
 Science and Philosophy

**Interested in listing your club or event in Ealing Arts & Leisure?  
 Visit [ealingarts.org.uk](http://ealingarts.org.uk) or call 020 8567 4075**

**Ealing  
 Arts &  
 Leisure**

68 ELMERS ROAD, LONDON W13 9QD  
 Chairman: Gill Rowley  
 Secretary: Dorrie Baker  
 Treasurer: Colin Easton  
 Membership Secretary: Richard Partridge  
 Diary Editor: Richard Partridge

NOTE TO MEMBERS:

Final entry for the Dec 2019 - Jan 2020 issue is 1 Nov 2019.

NB: Display ads may also be placed by non-members.

See [www.ealingarts.org.uk/help](http://www.ealingarts.org.uk/help)