

FEBRUARY - MARCH 2025

# What's On



Arts and leisure  
activities across the  
borough of Ealing

EVENTS INSIDE THIS ISSUE

Music, Art, Crafts, Culture,  
Education, Dance, Movement,  
Drama, Poetry, Leisure,  
Younger Years

## What's On – so much to do in Ealing

As we move towards spring, our performing societies come back to life after the Christmas break, and you'll find plenty of marvellous music in here – large and small-scale, voluntary and professional – and all of it well worth coming out for.

All great stuff, but maybe you're after something to get involved in, and there's a great deal to choose from here as well.

All of our members are listed on the back page, even if they don't have an event to advertise this time, and you can find out about them via our website, or by phoning 020 8567 4075 if the internet is not for you.

Copies of *What's On* can go quickly. See the back page if you'd like to have it delivered to you.

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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)  
or phone 020 8567 4075

EA&L, 68 ELMERS ROAD, LONDON W13 9QD

Chairman: Gill Rowley    Secretary: Dorrie Baker    Treasurer: Colin Easton  
Membership Secretary & Diary Editor: Richard Partridge

NOTE TO MEMBERS: Final entry for the April-May issue is 1 March.

NB: Display ads may also be placed by non-members. See [www.ealingarts.org.uk/help](http://www.ealingarts.org.uk/help)

## Music



### MUSIC AT ST MARY'S PERIVALE

Concerts by world-class soloists and ensembles are held at **2pm** on **Tuesdays** and **Thursdays (Sundays at 3pm)** at this 12th-century church, West London's foremost classical music venue. Plus a **jazz session** once a month. The church is in Perivale Lane, UB6 8SS.

All concerts are livestreamed in high definition: full details, plus links to previous concerts, at [www.st-marys-perivale.org.uk](http://www.st-marys-perivale.org.uk)



## FEBRUARY

### Questors Choir

WEDNESDAY 8 FEBRUARY

#### SAINT-SAËNS REQUIEM WORKSHOP

We are running a one-day workshop exploring the Saint-Saëns Requiem, culminating with an informal run-through of the complete work. Questors will perform the Requiem in concert in March.

Registration from 10.30am. St Stephen's Church, The Avenue, W13 8HB

£20 for non-members; this includes music, and will be discounted from your subscription if you join Questors. You can turn up and pay on the day.

07821 587670 • [more@questorschoir.org](mailto:more@questorschoir.org) • [www.questorschoir.org](http://www.questorschoir.org)

## West London Sinfonia

### WEST LONDON SINFONIA CONCERT

SATURDAY 15 FEBRUARY

MOZART: Overture Die Zauberflöte  
 SCHUMANN: Konzertstück for 4 horns  
 SCHUBERT: Symphony No. 9 in C  
 conductor Philip Hesketh, leader Iwona Boesche  
 7.30pm. *St Michael and All Angels Church, Bath Road, Chiswick W4 1TT*  
 £15 (concessions £12, child/student £5)

020 3475 4200 • info@westlondonsinfonia.org • www.westlondonsinfonia.org  
 Facebook: www.facebook.com/westlondonsinfonia

## Ealing Symphony Orchestra

SATURDAY 22 FEBRUARY

Ruth GIPPS: Symphony No. 2  
 RACHMANINOV: Piano Concerto No. 1  
 BARTÓK: Concerto for Orchestra  
 Erna Vala (piano), Ealing SO / John Gibbons  
 7pm. *St Barnabas Church, Pitshanger Lane, W5 1QG*  
 Tickets via website or at the door

£17 (under-25/student £6, accompanied under-18 free), including programme  
 020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

## MARCH

## The Chamber Music Collective

### INTERNATIONAL WOMEN'S DAY

SATURDAY 8 MARCH

A stunning all-female line-up of performers and composers for International Women's Day.  
 CLARA SCHUMANN: Piano Trio in G minor, Op. 17  
 LOUISE FARRENC: Piano Quintet in A minor, Op. 30  
 3-4pm. *Ealing Green Church, Ealing Green, W5 5QT*  
 £13 (concessions £10, under-18s £5)

07852 690426 • thechambermusiccollective@gmail.com • www.thechambermusiccollective.com  
 Facebook: www.facebook.com/the\_chamber\_music\_collective

## Questors Choir

### SAINT-SAËNS REQUIEM

SATURDAY 15 MARCH

Questors Choir, with professional guest soloists, presents an evening of beautiful sacred music from the French Romantic tradition. In addition to the Requiem, the programme will include Gounod's *Ave Maria*, Franck's *Panis Angelicus*, and music by Fauré and Chaminade.  
 7.30pm. *St Barnabas Church, Pitshanger Lane, W5 1QG*  
 £16 (under-12 free). No booking fee.

07821 587670 • more@questorschoir.org • www.questorschoir.org  
 Facebook: www.facebook.com/QuestorsChoir/

## Ealing Choral Society

### EALING CHORAL SOCIETY AT THE CADOGAN HALL: HAYDN CREATION

SATURDAY 15 MARCH

Ealing Choral Society is thrilled to return to the Cadogan Hall, alongside a superb trio of soloists and the City of London Sinfonia, to perform Haydn's glorious masterpiece, *The Creation*. This joyous oratorio tells the story of the creation of the world as depicted in the Biblical book of Genesis, complete with a cast of characters and almost cinematic orchestral score. Performance sung in English.

7.30pm. *Cadogan Hall, 5 Sloane Terrace, London SW1X 9DQ*  
 £30, £22, £15, £12. ENCORE members 10% off

Box office: www.cadoganhall.com/whats-on/haydn-the-creation/book/1045834/ • 020 7730 4500  
 www.cadoganhall.com/whats-on/haydn-the-creation-with-ealing-choral-society-and-city-of-london-sinfonia/  
 Facebook: @EalingChoralSoc



## Ealing Symphony Orchestra

### CHAMBER CONCERT

SATURDAY 22 MARCH

Instrumental and vocal music for small groups from ESO members and the Voice Section  
 7.30pm. *St Mary's Perivale, Perivale Lane, Middlesex, UB6 8SS*  
 Free but donations invited

020 8567 4075 • secretary@ealingso.org.uk • www.ealingso.org.uk

## West London Sinfonia

### WEST LONDON SINFONIA CONCERT

SATURDAY 29 MARCH

BRITTEN: Sea Interludes from Peter Grimes  
 CHAUSSON: Poème de l'Amour et de la Mer  
 ZEMLINSKY: The Mermaid  
 conductor Philip Hesketh, leader Iwona Boesche  
 7.30pm. *St Barnabas Church, Pitshanger Lane, W5 1QG*  
 £15 (concessions £12, child/student £5)

020 3475 4200 • info@westlondonsinfonia.org • www.westlondonsinfonia.org

Facebook: www.facebook.com/westlondonsinfonia

## 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. **VIRTUAL SINGING LESSONS ALSO NOW AVAILABLE.**

*The Hanwell Voice Studio, W7*

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

### Music at St Mary's Perivale

#### ST MARY'S PERIVALE SUNDAY CONCERTS – AUDIENCE WELCOME, AND ONLINE

SUNDAYS

Sunday 9 February: The Adams Piano Quartet  
 Sunday 16 February: The Toponogova Piano Quintet  
 Sunday 23 February:

Ben Wragg (violin), Abi Wragg (cello), Joseph Wragg (baritone), Elara Wragg (piano)

Sunday 2 March: Symphonia Academica

Sunday 9 March: The Rautio Trio

Sunday 16 March: The Astatine Trio

Sunday 23 March: The Richardson Piano Quintet

3pm. *St Mary's Perivale, Perivale Lane, Middlesex, UB6 8SS**Free but donations invited, whether at the church or watching online.*

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

### Ealing Chamber Music Club

MONDAYS

The club allows amateur players to find other people with similar interests and abilities, and then to put together groups for works they'd like to play. Players can perform to other club members at the monthly meeting, which takes place at 8pm on the second Monday of every month except January and August at St Mary's Perivale, Perivale Lane, UB6 8SS.

*Please check our website nearer the time for further details.*

020 8840 8641 • djrsmith@aol.com • www.ealingchambermusic.wordpress.com

### Music at St Mary's Perivale

#### ST MARY'S PERIVALE WEEKDAY CONCERTS – AUDIENCE WELCOME, AND ONLINE

TUESDAYS &amp; THURSDAYS

Tuesday 4 February: Yuanfan Yang (piano)  
 Thursday 6 February: Daryl Guiliano (cello), Dominika Blatt (piano)  
 Tuesday 11 February: Tomoki Park (piano)  
 Thursday 13 February: Sebastian Wyss (violin), Matt Lam (piano)  
 Tuesday 18 February: Parvis Hejazi (piano)  
 Thursday 20 February: Jelena Horvat (violin), Kumi Matsuo (piano)  
 Tuesday 25 February: Tommaso Carlini (piano)  
 Thursday 27 February: Trio Sonorité  
 Tuesday 4 March: Francis Grier (piano)  
 Thursday 6 March; Ugne Liepa Zuklyte (violin), Roelof Temmingh (piano)  
 Tuesday 11 March: Sherri Lun (piano)  
 Thursday 13 March: Halcyon Quartet  
 Tuesday 18 March: Mayumi Sakamoto (piano)  
 Thursday 20 March: Sara Trickey (violin), Dan Tong (piano)  
 Tuesday 25 March: Simone Tavoni (piano)  
 Thursday 27 March: The Perhaps Jazz Trio

2pm. *St Mary's Perivale, Perivale Lane, Middlesex, UB6 8SS**Free but donations invited, whether at the church or watching online.*

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

### Questors Choir

#### TRY OUT YOUR VOCAL SKILLS IN OUR VARIED PROGRAMME

WEDNESDAYS

We are a friendly mixed voice group of around 70 singers. Led by our inspiring MD Paul Ayres, we love to learn and perform everything from folk to classical including opera, musical theatre, popular songs and much else besides. There are no auditions, and no previous experience is required – only enthusiasm!

Come and join us on Wednesday evenings.

8-10pm. *St Barnabas Church, Pitshanger Lane, London W5 1QG**First 3 sessions free of charge*

07821 587670 (musical director) • more@questorschoir.org • www.questorschoir.org

www.facebook.com/QuestorsChoir

### Julian Light Operatic Society

THURSDAYS

We are rehearsing for our spring concert with a programme called *When the Curtain Goes Up* – opening numbers, and others, from the world of light opera and musicals, for two concert performances at The Studio, Questors on 7 & 8 April.

New members – particularly sopranos – are welcome.

*Rehearsals: Thursdays 7.45-9.45pm. Haven Green Baptist Church, Castlebar Road, W5 2UP*

www.julianoperatic.org

### Ealing Voices

#### SING WITH US

THURSDAYS

Join our friendly, un-auditioned choir! We welcome new singers with some choral experience in all voice parts. We perform three concerts per year in Ealing – please see the website for our current programme and schedule. Music Director: Michael Veazey.

*Term-time, 7.30-9.30pm. St Matthew's Church, North Common Road, W5 2QA**£60 per term (concessions available)*

info@ealingvoices.org.uk • www.ealingvoices.org.uk

## Brentham Ladies' Choir

THURSDAYS

Brentham Ladies' Choir is a small, friendly choir that always welcomes new members. We sing a variety of music including folk songs, light classical, and songs from the musicals. This choir has existed for more than 40 years, and is now under the enthusiastic direction of John Hudson. There is no formal audition, and we do not require previous experience or for you to read music, but you must be able to sing in tune! We offer a free three-week trial period, so why not find that voice again?

Next concert: 2pm Thursday 3rd April, Pitshanger Methodist Church.

2-3.30pm in school term time. Pitshanger Methodist Church Hall, W5 1QS (E2 and E9 bus routes) £35 per term.

Secretary (Genevieve Ellis): 079797 52424

## Capital Concert Brass

THURSDAYS

### COME AND PLAY BRASS!

CCB is a small group mostly playing brass instruments, plus other instruments too sometimes. Our aim is to enjoy ourselves and entertain others. We welcome brass players, including 'rusty' ones, music readers interested in learning brass, and others with compatible instruments.

Weekly at 8pm. Holy Cross Church, Ferrymead Gardens, Greenford, UB6 9NJ

Modest subscription

alan@capitalconcertbrass.co.uk • www.capitalconcertbrass.co.uk

# Art & Crafts

## LOOKING AHEAD

### Borough of Ealing Art Trail (BEAT)

6/7 &amp; 13/14 SEPTEMBER

BEAT offers all kinds of artwork from jewellery to ceramics and needlework to painting. We confidently anticipate that BEAT 2025 will match 2024 in artist numbers (300+ artists) and venue range (60+). Artists can apply to take part from 1 February. Please see our website.

Generally 11am - 6pm. 60+ venues across the Borough; confirm opening times on our website. Free admission.

07934 773098 / 020 8992 0366 • info@ealingbeat.org.uk / jorgensenmark1950@gmail.com  
www.ealingbeat.org.uk

## LONG-TERM AND REGULAR EVENTS

### Ealing Art Group

VARIOUS DATES &amp; TIMES

Love art and would like to be part of a lively local group interested in all aspects of art? Ealing Art Group offers the opportunity to exhibit regularly, as well as participate in lectures/demonstrations and occasional visits to places of artistic interest. Visit our website for further information.

Secretary: 020 8998 5662 • ealingartgroup@gmail.com • www.ealingartgroup.org.uk  
Facebook: www.facebook.com/ealingartgroup

## Pamela Lloyd-Jones Art Classes

SATURDAYS

### LIFE DRAWING WORKSHOP

Friendly and supportive Life Drawing workshops. Excellent models, experienced tutor, all materials and refreshments supplied. All levels welcome. Free parking. Near E2 and E9 buses. Saturday once a month, 10am-1pm. Please contact Pamela for upcoming dates.

The Brentham Club, 38a Meadvale Road (near Pitshanger Lane), Ealing, W5 1NP

£25 including all materials and refreshments

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

## Ealing Flower Club

WEDNESDAYS

### FLORAL DESIGN DEMONSTRATIONS

19 February: Eleanor Bracken will be our guest demonstrator with her title, *The Shortest Month*

19 March: Is our AGM followed by a talk by Holly Cranmer on *How to Choose Perfumes*

7pm for 7.30 start. St Barnabas Church Hall, Pitshanger Lane, W5 1QG

Visitors: First visit free; thereafter £7 per session, or you could become a member.

Enquiries: (Jenni) 07772 975554 / 020 8998 0186 • jennisworld48@hotmail.com

www.flowerarranginglondon.org.uk/area-clubs • Facebook: Ealing Flower Club

## Ealing Quilters

THURSDAYS

20 February: Revising fabric cutting and safe use of tools with the aim of making a table cover. Please bring your usual hand sewing kit.

20 March: Circles - Charlie will show us how to sew circles in an easy way. Please bring your usual hand sewing kit.

7.30pm. St Andrew's Church Centre (1st floor Training Room), Mount Park Road, Ealing, W5 2RS

£4 (members free)

07929 801724 • kayetelford@hotmail.com

# 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. There are also French classes at various levels, and a variety of activities throughout the year in Ealing.

Enquiries: 07887 877630 • 020 8568 6159 • info@fomeb.eu • www.fomeb.eu

Facebook: Les Amis d'Ealing/Friends of Marcq • www.facebook.com/groups/3139986216275513



Ealing Yoga, Meditation and Philosophy Centre

www.ealingyogamedpc.org.uk

Charity no. : 1048336

## Study Day – ‘Meditation : Refining Your Practice’



Saturday 1 February 2025

9.15 -15.30

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

“Meditation is a journey without movement. In the external world you have to move in order to go ahead, in meditation you don't move, yet you attain.” (Swami Rama )

### Programme

- 9.15 : Registration
- 9.30 : Guided Meditation (Bob Heath)
- 9.45 : What is Meditation? (John Howell)
- 11.00 : Tea / Coffee
- 11.15 : Meditation in the Scriptures (John Howell)
- 12.30 : Relaxation / Meditation (Bob Heath)
- 13.00 : Lunch
- 14.00 : Consolidating and Refining Your Meditation Practice (Bob Heath)
- 15.00 : Closing Remarks / Q&A
- 15.15 : Meditation
- 15.30 : Close

Pleasant venue. Easy parking. Bookstall. Light vegetarian lunch provided.

Members £60 Non-Members £80

Reserve a place now. Contact Lisa Schlotmann at

enquiries@ealingyogamedpc.org.uk or 07918 622 995

## Vitality Leap - Fireside Lodge

SATURDAY & SUNDAY, 15-16 MARCH

### REIKI 1 COURSE

Reiki is an ancient Japanese meditation and healing method. It offers physical, mental and emotional benefits, such as more balance, stress release and mindfulness. In this course, you receive the level 1 attunement, and learn how to use Reiki for yourself and your family or friends.

*Saturday 10am-5.30pm, Sunday 1.30-6pm. Fireside Lodge, Hanwell*

£195 07766 464623 (Andrea) • fireside.andrea@gmail.com • www.firesidelodge.co.uk/reiki1.html

## REGULAR & CONTINUING EVENTS

### Ealing Readers

MONDAYS

We are an informal book group, and we welcome new members. We read and discuss a wide variety of books, with the majority being contemporary fiction. Once a year we read a play, followed by a theatre visit.

Castle Inn, 36 St Mary's Road, W5 5EU. Please enquire for meeting time.

Hazel Williams: hazanewilliams@gmail.com

### Ealing Over 60 Network (EON)

MONDAYS

#### FRIENDLY INFORMAL OLDER PERSONS' SOCIAL CLUB

We offer a regular, varied programme every Monday except Bank Holidays: social gatherings, discussions, talks by outside speakers, quizzes, films, art/craft sessions, music, poetry appreciation, etc. Disabled-friendly venue near Ealing Broadway station. Free car park.

1.30 for 2pm. Ealing Quaker Meeting House, 17 Woodville Road W5 2SE

Optional door donation up to £5 to cover room hire, etc.

020 8810 6753 • arratoon.arratoon@gmail.com

### Historical Association: Ealing Branch

TUESDAYS

*Our talks are open to everyone who is interested in history – world, national and local – and its relevance to our own times. We meet on the 2nd Tuesday of the month. Please see our website <https://ealinghistory.org.uk> for up-to-date details and access to meetings.*

11 February: Anne Fletcher, author – *Widows of the Ice: The Women that Scott's Antarctic Expedition Left Behind*

11 March: Emeritus Professor James Manor, Institute of Commonwealth Studies, London – *The Debatable Resilience of Nehru's Liberal Democracy in India*

7.30pm. Ealing Green Church, W5 5QT

Free for Historical Association members and students. Visitors £5.

Enquiries (Philip Woods): 07922 046578 • philipgwoods@outlook.com • www.ealinghistory.org.uk

### Rainbow Poetry Group

TUESDAYS

If you enjoy poetry on a wide range of subjects, we invite you to our informal monthly meetings (on the second Tuesday). We bring, read and discuss published poems, with a specific theme each month. Next meetings: 11 February (*Love*), 11 March (*Fleur Adcock and Janet Frame*).

2.30pm. Hanwell Community Library, Cherington Road, W7 3HL

Enquiries: 020 8567 4397 • donkennedy@f2s.com

## Ealing Yoga, Meditation & Philosophy Centre

WEDNESDAYS & THURSDAYS

### MEDITATION AND PHILOSOPHY

This is a mixed-level class, suitable for those who have experience of meditation practice, and those new who wish to learn how to meditate.

6-7.30pm Wednesdays 8 January - 2 April (no class on 19 February)

Payment in advance (half or whole term) £12 per session; drop-ins £13 per session

### MEDITATION AND PHILOSOPHY

How to relax, breathe and meditate, focus your mind, and rest in a place of stillness. Meditation is an inward journey and a process to calm mental chatter and manage the stress of everyday life. Some experience of meditation is desirable. Details on our website.

8-9.30pm Thursdays 9 January - 3 April (no class on 20 February)

£144 for full course or £72 either half (£120 or £60 for members) or £13 drop-in

All of the above at Ealing Quaker Meeting House, 17 Woodville Road, Ealing, W5 2SE

07918 622995 • enquiries@ealingyogamedpc.org.uk • www.ealingyogamedpc.org.uk

Facebook: Ealing Yoga Meditation & Philosophy Centre

## Ealing u3a

THURSDAYS & OTHER DAYS

### TALKS PROGRAMME and 55 INTEREST GROUPS

U3A is an organisation for those retired or no longer in full-time work. Members organise activities for each other. U3A offers the opportunity for those with a thirst for knowledge and learning to continue their educational, creative and social interests in a friendly, encouraging atmosphere.

Talks programme, visits and 55 interest groups meeting in venues around Ealing.

Talks: most Thursdays 10am. Ealing Green Church, W5 5QT

Visitors £3 07504 667005 • membership@u3aealing.org.uk • www.u3asites.org.uk/ealing/home

# Dance & Movement

## REGULAR EVENTS

## Vitality Leap - Fireside Lodge

SATURDAYS 15 FEBRUARY, 8 OR 29 MARCH

### NORDIC WALKING COURSE

Nordic Walking is a full body workout in nature, originally created as summer training of the Finnish Olympic cross country team. Benefits: Fitness, Weight Loss, Heart Health, Rehab, Mental Well-being and new friends. Gentle on the joints. After this 2-hour course, you may join our walking groups (Tuesdays and Sunday mornings).

9.30-11.30am. Outdoors in Hanwell

£48 (pole hire included)

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

## Chair Yoga

MONDAYS

Enjoy the gentle yoga exercises and relaxation from the comfort and safety of your chair.

This yoga class is practised sitting or standing, using the chair for support.

Every Monday, 11.30am-12.45pm. St Andrew's Church Centre, Mount Park Road, Ealing, W5 2RS

£15 per session

07952 668820 • mehran.ghodsi@hotmail.co.uk

## Yoga with Loretta

TUESDAYS

All levels welcome. Leave your cares behind, stretch and re-align your body. I'll help you progress, improve and work on your individual needs.

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

£12 drop-in or £54 for 6 weeks 020 8845 7873 • LorettaYoga6@gmail.com • www.yogaloretta.co.uk

## Greenford & District Caledonian Association

TUESDAYS

### SCOTTISH COUNTRY DANCING

All are welcome. Dances are walked through – all you need is a soft pair of shoes and plenty of enthusiasm. Tea / coffee served in the break. Group meets September to June.

8-10 pm. St Thomas the Apostle Church Hall, 182 Boston Road, Hanwell, W7 2AD

£5 for members, £6 for non-members (first session free)

07787 925022 • janetcmacphail54@gmail.com

## Ealing Yoga, Meditation & Philosophy Centre

TUESDAYS, WEDNESDAYS & THURSDAYS

### MIXED-ABILITY YOGA

Suitable for everyone, although some experience of Yoga is beneficial

• 10-11.15am and 11.30am-1pm, Tuesdays 7 January - 1 April (no class on 18 February)

£144 for full course or £72 for either half (£120 or £60 for members) or £13 drop-in

• 8-9.30pm, Wednesdays 8 January - 2 April (no class on 19 February)

£144 for full course or £72 either half (£120 or £60 for members) or £13 drop-in

### YOGA FOR ALL

Suitable for everyone; no prior experience necessary

6.30-8pm, Thursdays 9 January - 3 April (no class on 20 February)

£144 for full course or £72 for each half (£120 or £60 for members) or £13 drop-in

All of the above at Ealing Quaker Meeting House, 17 Woodville Road, Ealing, W5 2SE

07918 622995 • enquiries@ealingyogamedpc.org.uk • www.ealingyogamedpc.org.uk

Facebook: Ealing Yoga Meditation & Philosophy Centre

## Patricia Lajtai – Pilates

TUESDAYS, THURSDAYS & FRIDAYS

Would you like to improve your posture, and enhance your mobility and strength? You're welcome to join our friendly group and begin your journey of feeling more at ease and empowered in your body. Classes are suitable for all abilities, including over-60s.

Tuesdays & Fridays 1-2.15pm in person. Innovation Dance Studio, 120 Pitshanger Lane, W5 1QX

£60 for 5 classes or £13 drop-in

07816 760502 • patricia.lajtai@btinternet.com

## Cath Barnes-Holt Iyengar Yoga

FRIDAYS

Lovely friendly Iyengar yoga class for all levels (beginners welcome) – to help release and realign the body, calm the mind, raise energy levels, ease stiff joints, improve posture and flexibility, plus more! The class is live-streamed so you can join from home if you prefer.

Cath also teaches private sessions on other days at her home studio.

10-11.30am. Ealing Personal Training, 2 St James Avenue, W13 9DJ (above Sainsbury's car park)

07909 995408 • cath@cathbarnesholt.co.uk • www.cathbarnesholt.co.uk

Facebook: https://www.facebook.com/cathyogabee

## Suzanne Gribble – Iyengar Yoga

## YOGA CLASSES

MOST DAYS

Younger Years

Iyengar yoga classes help improve flexibility, alignment, strength and stamina and help quieten the mind, using props to help students access the poses safely. All ages and abilities welcome. Suzanne teaches a variety of classes in Ealing open to beginners and teaches a Saturday class for children/teenagers. See her website for details and booking and do get in touch with any queries.

*Monday, Tuesday, Wednesday and Saturday mornings in Ealing*

*Tuesday evenings and Thursday evenings (also online)*

*Friday mornings (online)*

*Children / Teenagers – Saturday mornings*

*Venues: Northfields Community Centre W13, The Garden Studio W5, The Bhavan W14*

07916 145786 • [suzanne.gribble@gmail.com](mailto:suzanne.gribble@gmail.com) • [suzannegribbleyoga.com](http://suzannegribbleyoga.com)

[www.facebook.com/SuzanneGribbleIyengarYogaTeacher/](http://www.facebook.com/SuzanneGribbleIyengarYogaTeacher/)

## Drama

## SPRING &amp; AUTUMN

## Drama Studio London

MONDAYS - SATURDAYS

## ADULT ACTING CLASSES AND SUMMER SCHOOLS

Spring and Autumn adult evening classes for 18+, and 1- or 2-week Summer Schools for both 16-18 years and 18+, all delivered by industry professionals. Details and booking online.

*Drama Studio London, Grange Court, Grange Road, Ealing, W5 5QN*

020 8579 3897 • [info@dramastudiolondon.co.uk](mailto:info@dramastudiolondon.co.uk) • [www.dramastudiolondon.co.uk/part-courses/](http://www.dramastudiolondon.co.uk/part-courses/)

Facebook: [www.facebook.com/dramastudiolondon](http://www.facebook.com/dramastudiolondon)

## Looking ahead – APRIL

## Beaufort Players

THURSDAY - SATURDAY 10-12 APRIL

## THE UNFRIEND

A hilarious and satirical look by Steven Moffat at middle-class England's disastrous instinct always to appear 'nice'.

*10 and 11 April 8pm, 12 April 7pm. Church of the Ascension Hall, Beaufort Road, Ealing, W5 3EB*

*Book online at [www.beaufortplayers.org.uk](http://www.beaufortplayers.org.uk)*

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

## Leisure

## FEBRUARY

## Charlemagne Wine Club

MONDAY 17 FEBRUARY

## A TASTE OF GERMANY

Premium Riesling and Pinot Noir from Germany

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

£25 by prior application

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

[www.facebook.com/charlemagnewineclub](http://www.facebook.com/charlemagnewineclub)

## MARCH

## Charlemagne Wine Club

MONDAY 17 MARCH

Taste fine wines in fine company.

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

£25 by prior application

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[www.facebook.com/charlemagnewineclub](http://www.facebook.com/charlemagnewineclub)

## REGULAR EVENTS

## West London Group of Ramblers Association

SATURDAYS, SOME SUNDAYS &amp; 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/ cafe stop. No charge, but after a couple of 'tasters' you will need to join the RA. For details see website, phone or email.

Please see our website for our current programme of local small group walks.

020 8863 6523 • [westlondongroup@yahoo.co.uk](mailto:westlondongroup@yahoo.co.uk) • [www.westlondonramblers.org.uk](http://www.westlondonramblers.org.uk)

## Club West

TUESDAYS, FRIDAYS &amp; SUNDAYS

## COFFEE MORNINGS AND PUB LUNCHES FOR UNATTACHED OVER-50s

We meet every Tuesday and Friday for coffee and lunch in various places in Ealing, Chiswick, Richmond and Hammersmith. We also meet for Sunday lunch and other activities. The *Club West* sign will be on one of our tables. No need to book.

*12.30pm in West London*

020 8992 6134 • [www.clubwest.org.uk](http://www.clubwest.org.uk)

## Perivale Social Group

THURSDAYS

We are a recent welcoming, happy group – not just in Perivale, but all surrounding areas. Would you like to join us? We engage in important, gentle, healthy exercise, friendship, quizzes, bingo, games and refreshments.

*11am - 2pm. Perivale Community Centre, Horsenden Lane South, UB6 7NP*

£3 per session.

Irene McQuillan: 07958 707253



# EA&L Members

## ART & CRAFTS

Borough of Ealing Art Trail (BEAT)  
 Ealing Art Group  
 Ealing Flower Club  
 Ealing Quilters  
 Pamela Lloyd-Jones Art Classes  
 Patricia Burbidge Watercolour Classes

## CULTURE & LEARNING

CEPAC - Campaign for an Ealing Performance and Arts Centre  
 Ealing Over-60 Network (EON)  
 Ealing Readers  
 Ealing u3a  
 Friends of Marcq-en-Baroeul  
 Historical Association: Ealing Branch  
 Rainbow Poetry Group

## DANCE & MOVEMENT

Cath Barnes-Holt Iyengar Yoga  
 Dalcroze Eurhythmics Ealing  
 Greenford & District Caledonian Association  
 Mehran Ghodsi Chair Yoga  
 Patricia Lajtai – Pilates  
 Suzanne Gribble - Iyengar Yoga  
 Vitality Leap / Fireside Lodge  
 Yoga with Loretta

## DRAMA & FILM

Beaufort Players  
 Drama Studio London  
 Impact Theatre  
 Pisces Players (Popup Theatre)  
 The Questors Theatre

## LEISURE

Charlemagne Wine Club  
 Club West  
 Perivale Social Group  
 West London Ramblers

## MUSIC

Brentham Ladies' Choir  
 Capital Concert Brass  
 The Chamber Music Collective  
 Ealing Chamber Music Club  
 Ealing Choral Society  
 Ealing Junior Music School  
 Ealing Symphony Orchestra  
 Ealing Voices  
 GLOC Musical Theatre  
 Hanwell Voice Studio  
 HEOS Musical Theatre  
 Julian Light Operatic Society  
 Music at St Mary's Perivale  
 Questors Choir  
 West London Sinfonia

## MORE THAN ONE ACTIVITY

Ealing Yoga, Meditation & Philosophy Centre

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

## Want to be sure of getting *What's On*?

Would you like to have your copy of *What's On* delivered regularly by post? If so, you will be more than welcome to join our Supporters' mailing list. The annual (October - September) subscription is £10, or for April - September it's £5 per household.

You can send a cheque made out to 'Ealing Arts' with your name and address, or phone or email for online bank details.

Contact: Ealing Arts Supporters, 68 Elers Road, London W13 9QD  
 020 8567 4075 • [membership@ealingarts.org.uk](mailto:membership@ealingarts.org.uk)