

REGULAR ACTIVITIES

<p>Age UK</p> <p>Sit, Move and Be Fit Thursdays 2.45—23.45pm RUSSELL ROOM</p> <p>Gary Mason 01202 530530</p>	<p>Age UK Meet and Eat</p> <p>Social group with lunch supplied Tuesdays 11.00—2.30pm RUSSELL ROOM</p> <p>Diana Logan-Watts dlwatts@ageukbped.org.uk</p>	<p>AK Wellness</p> <p>Gentle Hatha Yoga Restorative Hatha Yoga Thursdays 9.30am and 11am RUSSELL ROOM</p> <p>Angela Keen akwellness.co.uk/book-a-yoga-class</p>	<p>Alcoholics Anonymous</p> <p>Thursdays 7.15-9pm RUSSELL ROOM</p> <p>01202 296000</p>	<p>Angela's Craft Hut</p> <p>Crafting sessions Saturdays monthly 10—4pm ANNEXE</p> <p>Angela Simpson 07775 581215</p>
<p>Ashley Heath WI</p> <p>Discussion and occasional outings for members Second Tuesday monthly 2.30pm ANNEXE</p> <p>Sue Coleman 01425 477515</p>	<p>B&L Dance</p> <p>Social line dancing for all ages/levels 1st Saturday 7:30-10:30pm MAIN HALL</p> <p>Sam Yates 07949 912232</p>	<p>Badminton and Table Tennis</p> <p>Come and join us Tuesdays 7.30—9.30pm MAIN HALL</p> <p>Karen Etheridge 07773 085830</p>	<p>Craft Group</p> <p>Social crafting sessions 1st Monday monthly 10am—3pm RUSSELL ROOM</p> <p>Valerie Robertson valerierobertson53@icloud</p>	<p>Crystal Cat Beaders</p> <p>Beading 4th Sunday monthly 10am—4pm RUSSELL ROOM</p> <p>Valerie Robertson valerierobertson53@icloud</p>
<p>Community Cafe</p> <p>Open to all Wednesdays 9.45-11.45am ANNEXE</p> <p>Clementine clementinepestell@icloud.com</p>	<p>Computer Cafe</p> <p>Bring your problems to us Fridays 9-noon RUSSELL ROOM</p> <p>Viv Frecknall 01425 476558</p>	<p>County Line</p> <p>Line dancing events Saturdays monthly MAIN HALL</p> <p>Alan Joy 07581 735428</p>	<p>DDRC</p> <p>Remote control drifting Fridays 7.30—10.30pm MAIN HALL</p> <p>Matt Vokes matt.vokes@gmail.com</p>	<p>Dorset Koi Keepers</p> <p>Occasional meetings Sunday afternoons ANNEXE</p> <p>Graham Lomax grahamlomax@me.com</p>
<p>Dorset Woodturners</p> <p>Demonstration, talks and woodturning tuition 1st Wednesdays 7.15—10.15pm ANNEXE</p> <p>Nigel Lloyd 07940 348776</p>	<p>Fortune Fitness</p> <p>Fitness classes Fridays from 9:30am ANNEXE</p> <p>Katie Willcocks katie@fortunefitness.co.uk</p>	<p>Friday Club</p> <p>Badminton and table tennis Fridays 1-4pm MAIN HALL</p> <p>Myra Barter 01202 897416</p>	<p>Gundry's Patchwork</p> <p>Social crafting sessions Wednesdays 9.30—12.30 MAIN HALL</p> <p>Caroline Foster 07547 185819</p>	<p>Heatherlands SMBC</p> <p>Short mat bowls Fridays 9am—noon MAIN HALL</p> <p>Ken Lever ken.lever@yahoo.co.uk</p>
<p>Inner Strength</p> <p>Martial arts classes Fridays 5—7pm MAIN HALL</p> <p>Shaun Lanham 01202 876830</p>	<p>Obsessive Crafters</p> <p>Scrapbooking group Saturdays Monthly 9.30—noon ANNEXE</p> <p>Anna Keegan 01202 549309</p>	<p>Pilates by Emma</p> <p>Various levels of class Wednesdays am Thursdays pm RUSSELL ROOM/ANNEXE</p> <p>Emma 07311 829321</p>	<p>Play Street</p> <p>Pop up children's role play 2nd Monday monthly Morning MAIN HALL</p> <p>Emily Sills playstreetdorset@gmail.com</p>	<p>Ringwood Spiritual Connections</p> <p>Sundays 6pm MAIN HALL</p> <p>Elaine Astin catburville@btinternet.com</p>
<p>Ringwood Quilters</p> <p>Quilters group 2nd and 4th Monday 9.30—12.30pm ANNEXE</p> <p>Jean Twycross jeantwycross3@outlook.com</p>	<p>Ringwood Quilters</p> <p>Sewing group 3rd Monday monthly 10am—4pm ANNEXE</p> <p>Myra Barter 01202 897416</p>	<p>Ringwood Woodcarvers</p> <p>Self help group of amateur enthusiasts 1st and 3rd Tuesdays 6.30—9.30pm ANNEXE</p> <p>Mike Tuck 01425 475129</p>	<p>Stour Valley Dog Training</p> <p>Saturday 9am—1pm Monday 5—8.15pm MAIN HALL</p> <p>Penny Druitt 07779 526367</p>	<p>Tiny Talk</p> <p>Baby and toddler signing Tuesdays and Thursdays 10-noon MAIN HALL</p> <p>Laura Cornall 07940 519653</p>
<p>Trainmaster</p> <p>Children's train fun Occasional Sunday mornings MAIN HALL</p> <p>Trainmaster Dorset Dorset@Trainmaster.co.uk</p>	<p>Walking Netball</p> <p>Open to all Tuesdays 2.15 to 4pm MAIN HALL</p> <p>Sue Coleman 01425 477515</p>	<p>World Wide Church of God</p> <p>Evangelical services Some Saturdays 11.30—1.30pm RUSSELL ROOM</p> <p>David Silcox david.silcox@grace.com.church</p>	<p>Yoga</p> <p>Class Wednesdays 5.15pm MAIN HALL</p> <p>Magda Ricci 07760 401185</p>	<p>Zumba with Claire</p> <p>Exercise class Tuesdays 6.30pm MAIN HALL</p> <p>Claire Nightingale clarefitness@icloud.com</p>