

Activities in Wallington

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Venues
Yoga with Suzie <i>(Beginners welcome)</i> 10.00am-11.00am 07958 397459 (WURC)	Art Class 10:00am – 12noon During term time 07812 544775 (STM)	Body Control Pilates 9.45am-1.00pm 07986 075764 (WURC)	Aerobics and Strength Training 9.30am, 11.30am intermediate (50+) 10.30am gentle (60+) (PSC)		Seniors Movers Exercise Group 11.00am-12.00pm 020 8661 9731 (WURC)	Indoor Bowls 10am-12pm <i>(Oct-April)</i> 07813 334513 (SMC)	Sutton Healthy Walks 10.00am – 11.00am 07944 833605 (STM)	Pilates 9.00am-10.00am 020 8647 3077 (WURC)	BHMC – Bandon Hill Methodist Church, Wallington, Surrey SM6 8LA
Exercise Class 10.30am-11.00am 020 8647 2498 (RC)			Medau (cardiovascular exercise) 10.00am – 11.30am 01372 818222 (STP)	Coffee Morning 9:30am – 11:30am During term time 07765 182042 (SMC)					CCA – Carshalton Community Allotment, Colston Avenue, Carshalton SM5 2PW
Extra Time Crystal Palace Foundation 10am – 12 noon (RVC)	Indoor Bowls 10am-12pm <i>(Oct-April)</i> 07813 334513 (SMC)	Art & Craft Class 11am - 12am 020 8647 8990 (OWC)	Exercise Class 10.30am-11.00am 020 8647 2498 (RC)		Art & Craft Class 11am - 12am 020 8647 8990 (OWC)	Healing Clinic 1.00pm - 2.30pm 020 8669 8163 (WURC)	Grow your own 10.30amRVC-1.00pm 020 8770 6611 (CCA)	Yoga with Suzie <i>(Beginners welcome)</i> 10.00am-11.00am 07958 397459 (WURC)	CGS – Church of the Good Shepherd, Queen Mary's Avenue, Carshalton, SM5 0AA
			Sutton Vision Coffee Morning 10.30am – 11.30am (2 nd week of month) 020 8409 7166 (WLC)						CH – Connell House, 21-23a Elgin Road, Wallington, Surrey, SM6 8RE
Pastimes Senior Club 11.30am-3.00pm 07714 603724 (SMC)	Lunch Club 12pm-2pm <i>(Term time)</i> 020 8773 0822 (STP)	Chair-based Exercises 1pm - 2pm 020 8647 8990 (OWC)	Milan Group Wallingotn 11.00am 3.00pm 07974 640350 or 07879 339410 (SMC)		Coffee Club 1pm-3.30pm 020 8240 7189 (CH)	Hand Drumming for relaxation & Therapy 2.00pm-3.00pm Term time only 07770 533000 (OWC)	Drop-in Morning 11am – 12 noon 07765 182042 (STM)	Dance & Drama Group 10.30am-11.30am 020 8665 2947 (WURC)	CLOV – Cloverdale Court, 10-14 Stanley Park Rd, Wallington, SM6 0EU
			Clusters (adults with disabilities) 11.00am-2.00pm 07908 090965 (WURC)						OWC – Oaks Way Centre, Oaks Way, Carshalton SM5 4NQ
Grow your own 1.00pm-3.00pm 020 8770 6611 (CCA)	Philips Pensioners Club 1.00pm-4.00pm (2 nd Tues of month) 07813 334513 (SMC)	Townswomen Guild 1.00pm -4.00pm (3 rd & 4 th Tues) 07813 334513 (SMC)	Coffee Concert 11.30am-12.30pm <i>(Alternate weeks)</i> 020 8770 4900 (WL)	Lunch Club 12pm - 2pm 020 8647 7605 (TC)	Beddington Over 60s Club 1:30pm – 3:30pm 020 8647 5165 Beddington Village Hall	Craft Club 2.00pm-4.00pm (1 st & 3 rd week) 020 8770 4900 (WL)	Yoga with Suzie 11.15am – 12.15pm 07958 397459 (WURC)	Alzheimer's Society Cafe 2.00pm – 4.00pm (3 rd Sat of month) 020 8770 1875 (TC)	RVC – Riverside Centre, 113 Culvers Avenue,Carshalton, SM5
									RC – Runnymede Court, 44 Beddington Gardens, Wallington, SM6 0HW
Bingo 1:30pm - 2:30pm 020 8647 8990 (OWC)	50+ Stretch and Tone 1.30pm – 3.30pm 020 8642 0892 (CGS)	Old Time Sing-a-long 2pm - 3pm 020 8647 8990 (OWC)	Chair-based Exercises 1pm – 2pm 020 8647 8990 (OWC)	Afternoon Fellowship 2.30pm-4.00pm (1 st week of month) 020 8773 0822 (STP)	Fallen Angels Drama Workshop (50+) 2.00pm-4.00pm term time only 020 8643 2023 (WURC)		Bingo 1:30pm - 2:30pm 020 8647 8990 (OWC)	Cycling Group 2pm onwards Every 3 rd Sat Beddington Park Cafe	SH – Scout Hall, 72b Woodcote Road Wallington, SM6 0LY
									SMC – St Michael's Centre, Milton Road, Wallington SM6 9RP
Knit & Natter <i>2nd & 4th Weeks</i> 2.00pm-4.00pm 020 8669 8733 (WBC)	U3A Art Group 1.30pm-3.30pm 020 8688 3018 (WURC)	Coffee Afternoon 2pm-4pm 020 8647 2498 (RC)	Pilates 6.45pm-7.45pm 020 8647 3077 (WURC)	Horticultural Society 7.00pm-10.00pm (3 rd Wed of month) 020 8401 6069 (WURC)	Friendship Group 2.00pm – 4.00 pm (alternate weeks) 020 8647 7605 TC	Altogether (people with dementia and carers) 2.00pm – 4.00pm (alternate weeks) 020 8647 7605 TC	Scrabble Club 1.30pm-4.30pm 020 8770 4900 (WL)	Come and Meet Each Other (CAMEO) Club 3.00pm-4.00pm 020 8773 0822 (STP)	SMP – St Mark's Church, Church Road, Purley, CR8 3QQ
Bananas Art 2.00pm – 4.00pm 07503 643361 (WURC)	Meditation Therapy 3.00pm – 5.00pm 07900 915660 (OWC)	IT For Beginners 4 week course 2.15pm-3.15pm 020 8770 4900 (WL)	Knitting/Crochet Group (current waiting list) alternate weeks from 7pm 020 8669 9610		Carshalton & Wallington Art Group 7.15pm-9.15pm 020 8642 9508 (WURC)		Time for Tea 3.15pm-4.15pm (1st Friday of month) 020 8647 3684 (BHMC)	Music Society Concert Starts 7:45pm (2nd Sat from Jan 2017) 020 8647 8484 (WL)	STP – St Patricks Church, 47 Park Hill Rd, Wallington SM6 0RU
									TC – Trinity Centre, Holy Trinity Church, Malden Road, Wallington SM6 8BL
Healing Clinic 7.00pm-8.30pm 020 8669 8163 (WURC)	Exercise Group 7.00pm-8.00pm 020 8661 9731 (WURC)	Recorded Music Society From 7.45pm (2 nd / ⁴ th Tues) 01737 362025 (WL)	Chess Club 7.30pm-10.00pm 020 8401 6069 (WURC)		Woman's Contact Group 7.30pm-9.30pm <i>(Alternate weeks)</i> 020 8669 8733 (WBC)				WBC – Wallington Baptist Church Parkgate/Queens Rd, SM6 0AG
									WL – Wallington Library, Shotfield, Wallington SM6 0HY
Zumba 8.15pm-9.15pm 07813 334513 (SMC)	Townswomen Guild 7.30pm-9.30pm (1 st Tues of month) 07813 334513 (SMC)	Watendone Folk Dance club 8 pm – 10 pm 020 8669 0034 SMP	WI Group 7.30pm – 10pm (4 th week of month) 07743 161770 (WURC)		Craft Club 8.00pm-10.00pm (Alternate weeks) 020 8669 8733 (WBC)				WLC – Wallington Library Café, SM6 0HY
									WURC – Wallington United Reformed Church Stanley Park Road, Wallington, Surrey, SM6 0EU