



























# What's On at ETNA: Adults









 = Accessible Location

Day	Activity		Name	Telephone	Email
<b>MONDAY</b>					
09.30 - 10.30 & 10.30 - 11.30	Rutzler Pilates		Caroline Rutzler	07825 741740	rutzlerpilates@gmail.com
13.30 - 14.30	Age UK Richmond Strength Training with Ash		Ebru Ozsavasci	020 8744 1965	wellbeing@ageukrichmond.org.uk
13.30 - 15.30	u3a Finding Meaning Lectures - 8 week lectures		Cathy Campbell		campbellcathy22@gmail.com
14.30 - 16.30 (1st)	u3a History behind the Headlines		Mark Scudamore	07788 151289	markscudamore@icloud.com
14.30 - 16.30 (2nd & 4th)	u3a Scrabble		Eleanor Gardiner	0208 544 9604	e.gardiner940@hotmail.com
14.30 - 16.30 (3rd)	u3a Tomorrow's World		David Read		davidread25@gmail.com
15.00 - 17.30	Table Tennis - Intermediate		Diran Meghreblian	0203 662 8206	diran@benmeg.com
18.00 - 19.00	Yoga Flow with Karen		Karen Norton	07984 850466	karennorton65@aol.com
18.20 - 19.20	Mamaqhugz Tired Mama's Club Restorative Yoga		Triona Costelloe	07734 958848	triona@mamahugzyoga.co.uk
19.30 - 21.00	Tai Chi Chuan		Richard Chipping	07513 273104	rchipping1@icloud.com






<b>TUESDAY</b>					
10.00 - 11.30 (3rd)	Compassionate Cuppa Bereavement Café		space2grieve	020 8892 3676	support@space2grieve.org.uk
10.00 - 12.30	u3a Politics & Current Affairs 1 ( <b>alternate Tuesdays</b> )		Chris Hack	07738 710170	chack@onetel.com
13.00 - 16.00	Watercolour Art Class		Jan Lee Johnson	07828 515596	janleejohnson@me.com
13.15 - 14.15	Age UK Richmond Pilates with Caroline		Ebru Ozsavasci	0208 744 1965	wellbeing@ageukrichmond.org.uk
14.30 - 15.30	Age UK Richmond Zumba Gold with Catherine		Ebru Ozsavasci	0208 744 1965	wellbeing@ageukrichmond.org.uk
17.00 - 22.00	CPTA L4 Diploma in Therapeutic Counselling			01424 611 963	info@cpta.org.uk
19.00 - 21.30	Life Drawing with PRATTS		John Wylie	07986 821448	johncwylie@yahoo.co.uk
19.30 - 20.30	Yoga for All with Kate		Kate Grant	07967 818761	kategrant17@icloud.com
19.30 - 22.30	Duplicate Bridge		Tom Tucker	0208 894 6786	dmt2012@talktalk.net

<b>WEDNESDAY</b>					
09.30 - 15.45 (3 sessions)	Italian Lessons with Cristina		Cristina Del Grande	07910 562263	cridelgrande19@gmail.com
12.00 - 13.30	Pancomido Spanish Lessons		Bea Uzal	07761 726832	info@pancomidoschool.com
12.00 - 14.00	Citizen's Advice Drop in Session - <b>FREE</b>				
14.00 - 16.00	u3a Drama		Bob Dilley	07717 776647	bobdilley@live.co.uk
16.00 - 20.00	Mencap Meeting Place		Azam Abdulah	0208 744 1923	office@richmondmenca.org.uk
16.30 - 17.15	Chair Yoga with Caroline		Caroline Hermon	07495 777411	caroline@justenjoyyoga.com
17.00 - 22.00	CPTA Counselling Course			01424 611 963	info@cpta.org.uk
18.30 - 20.00	Just Enjoy Yoga with Caroline		Caroline Hermon	07495 777411	caroline@justenjoyyoga.com
18.30 - 20.30	Richmond Spiritist Fellowship				richmondspiritist@gmx.com
19.00 - 20.00	Guitar Group		Norris Schek	07598 603330	norbertschek@yahoo.com
20.15 - 21.15	Flamenco for Adults with Yarenis		Yarenis Ayala Gil	07743 174307	yarenis_a@hotmail.com



<b>THURSDAY</b>					
10.00 - 12.30	Richmond EAL Friendship Group - English Lesson		Rebecca Khan		rebecca.khan@richmondeal.org.uk
10.30 - 13.30 (monthly)	Richmond EAL Healthy Cooking Club		Rebecca Khan		rebecca.khan@richmondeal.org.uk
12.00 - 14.00 (4th)	Age UK Richmond Man with a Pan Cooking Lessons		Ebru Ozsavasci	0208 744 1965	wellbeing@ageukrichmond.org.uk
12.00 - 15.00 (Fortnightly)	Mencap Wellbeing Club		Azam Abdulah	0208 744 1923	office@richmondmenca.org.uk
12.30 - 13.30	u3a Seated Exercise with Rosie		Rosie Wolf	07958 255428	rosemariewolf@googlemail.com
13.30 - 15.30	Beginners Table Tennis - Coached by Byambaa		Byambaa Leszcynski	07824 465492	manon75001@gmail.com
14.00 - 16.00	Afternoon Bridge		Trevor Allan	07857 825740	tjandspallan@gmail.com
15.30 - 18.30	Table Tennis - Intermediate		Diran Meghreblian	0203 662 8206	diran@benmeg.com
17.00 - 18.30 & 18.30 - 20.00	Pancomido Spanish Lessons		Bea Uzal	07761 726832	info@pancomidoschool.com
18.45 - 20.45	Richmond Community Choir		Sue Vernon	07890 547985	richmondchoral@gmail.com
20.00 - 21.00	Samatha Meditation Beginners Session				richmondsamathabeginners@gmail.com

Day	Activity	Name	Telephone	Email
<b>FRIDAY</b>				
09.45 - 10.45	Mindful Yoga Flow Fridays with Dawn	 Dawn Selway	07958 914905	dawn@lovemissd.co.uk
09.30 - 11.30	Spanish Lessons with Amelia	Amelia Conejo	07956 562594	ameliaconejo66@gmail.com
10.00 - 12.00	French Advanced Conversation with Michelle	Michelle Pickard	07792 374420	michelle_pickard@yahoo.co.uk
14.00 - 16.00 (Fortnightly)	u3a Chess	 Mark Howdle		mark.howdle@gmail.com
14.00 - 16.00 (Fortnightly)	u3a Mahjong	 Patricia Abraham		tricia.abr@blueyonder.co.uk
14.30 - 16.30 (Fortnightly)	u3a Philosophy	Graham Gardiner		graham@grace.myzen.co.uk
18.00 - 19.00 (Fortnightly)	After Hours Writing Group			www.afterhourswriters.wordpress.com
<b>SATURDAY</b>				
14.00 - 15.30 (1st)	u3a Tech Support	 Cedric Marx	07423 450200	computershelf.co.uk@gmail.com
<b>SUNDAY</b>				
09.00 - 10.00	Mamahugz Pregnancy Yoga	 Triona Costelloe	07734 958848	triona@mamahugzyoga.co.uk
09.15 - 10.30	Art of Living Yoga	 Archna Katiyar	07443 519880	archna.katiyar@gmail.com
17.00 - 18.30	Public Speaking Workshops - <b>email to check dates</b>	 Ayca Aydogdu	07850 990533	ayca_aydogdu@yahoo.co.uk
19.00 - 20.00 (1st & 3rd)	A Tempo Sound Therapy with Jane	 Jane Kight	07831 826110	atemposoundtherapy@gmail.com
Various Days/Times	Classical Guitar Lessons for adults	Timur Dersu	07384 357939	shiraz-tim@hotmail.com
	Acoustic Guitar Lessons for adults	Norris Schek	07598 603330	norbertschek@yahoo.com

### Food & Drink @ ETNA

Day	Activity	Name	Telephone	Email
<b>MONDAY</b>				
11.30 - 13.30	<b>The Real Junk Food Project</b> - Pop-up Café	 ETNA team	0208 892 3676	info@etnacentre.org
15.30 - 17.30	<b>The Hub</b> - drop-in with free refreshments	 ETNA team	0208 892 3676	info@etnacentre.org
<b>WEDNESDAY</b>				
11.30 - 13.30	<b>The Real Junk Food Project</b> - Pop-up Café	 ETNA team	0208 892 3676	info@etnacentre.org
<b>THURSDAY</b>				
15.30 - 17.30	<b>The Hub</b> - drop-in with free refreshments	 ETNA team	0208 892 3676	info@etnacentre.org
<b>FRIDAY</b>				
11.30 - 13.30	<b>The Real Junk Food Project</b> - Pop-up Café	 ETNA team	0208 892 3676	info@etnacentre.org

### Self-Help Groups

<b>MONDAY</b>	AA	 20.00 - 21.15	Turner Room
<b>WEDNESDAY</b>	Al-Anon	10.00 - 11.30	Johnson Room
<b>FRIDAY</b>	Al Anon	19.45 - 21.00	Johnson Room
<b>FRIDAY</b>	SA Anon	19.00 - 20.30	Garrick Room
<b>SATURDAY</b>	AA	17.00 - 18.00	Garrick Room
<b>SUNDAY</b>	AA	 18.15 - 19.30	Community Kitchen

Visit our [EVENTS](#) page for one-off activities, workshops or retreats.

[www.etnacentre.org/etna-events](http://www.etnacentre.org/etna-events)



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