What's On at ETNA: Adults

= Accessible Location

Day	Activity		Name	Telephone	Email
MONDAY					
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
14.30 - 16.30 (1st)	u3a History behind the Headlines	♿	Richmond u3a		ruk.u3asite.uk
14.30 - 16.30 (2nd & 4th)	u3a Scrabble	♿	Richmond u3a		ruk.u3asite.uk
14.30 - 16.30 (3rd)	u3a Tomorrow's World	♿	David Read		ruk.u3asite.uk
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
19.00 - 20.15	Samatha Meditation Introductory Course		*Starts 26th October*		richmondsamathabeginners@gmail.com
19.30 - 21.00	Tai Chi Chuan	♿	Richard Chipping	07513 273104	rchipping1@icloud.com
TUESDAY					
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 **(alternate Tuesdays)**	♿	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 - 18.30 & 18.30 - 20.00	Pancomido Spanish Lessons		Bea Uzal	07761 726832	info@pancomidoschool.com
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
WEDNESDAY					
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 & Connect To Work **FREE** Drop in	♿			
12.00 - 14.00 (1st & 3rd)	Connect To Work **FREE** Drop in		Daniel O'Sullivan	0208 871 5191	richmondworkmatch@richmondandwandsworth.gov.uk
14.00 - 16.00	u3a Drama	♿	Richmond u3a		ruk.u3asite.uk
16.00 - 20.00	Mencap Meeting Place	♿	Azam Abdulah	0208 744 1923	office@richmondmencap.org.uk
16.30 - 17.15	Chair Yoga with Caroline	♿	Caroline Hermon	07495 777411	caroline@justenjoyyoga.com
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
THURSDAY					
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@richmondmencap.org.uk
12.30 - 13.30	u3a Seated Exercise with Rosie	♿	Richmond u3a		ruk.u3asite.uk
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
FRIDAY					
09.45 - 10.45	Mindful Yoga Flow Fridays with Dawn		Dawn Selway	07958 914905	dawn@lovemissd.co.uk
09.30 - 11.30 & 12.00 - 14.00	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		Richmond u3a		ruk.u3asite.uk
14.00 - 16.00 (Fortnightly)	u3a Mahjong		Richmond u3a		ruk.u3asite.uk
14.30 - 16.30 (Fortnightly)	u3a Science and Metaphysics (Philosophy)		Richmond u3a		ruk.u3asite.uk
18.00 - 19.00 (Fortnightly)	After Hours Writing Group				www.afterhourswriters.wordpress.com
SATURDAY					
14.00 - 15.30 (1st)	u3a Tech Support		Richmond u3a		ruk.u3asite.uk
SUNDAY					
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 - **email to check dates**		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
Guitar Lessons	*Classical Guitar for children & adults*		Timur Dersu	07384 357939	shiraz-tim@hotmail.com
Various Days/Times	*Classical, Acoustic & Electric Guitar for children & adults*		James Muschamp	07920 835192	james.muschamp1234@gmail.com
	Acoustic Guitar for children & adults		Norris Schek	07598 603330	norbertschek@yahoo.com

Food & Drink @ ETNA

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

Self-Help Groups

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

Visit our EVENTS page for one-off activites, workshops or retreats. **www.etnacentre.org/etna-events**

ETNA Community Centre
0208 892 3676
info@etnacentre.org
13 Rosslyn Road, Twickenham, TW1 2AR