

Vinoteca Italiana

Ristorante Pizzeria

Come in for a meal, or just have a cocktail,
glass of wine, or a pint of Peroni
with some Antipasti.

Gianni & Hana Quartulli

1-3 Bridge House, Beeches Avenue
Carshalton Beeches, Surrey SM5 3LG
info@vinoteca-italiana.co.uk
020 3490 3169



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Oaks Way Centre

Oaks Way
Carshalton
Surrey SM5 4NQ



The Oaks Way Senior Centre in Carshalton

Is a great place to have lunch, have an enjoyable day out and meet new friends.

Why not come along for a tea or coffee with a friend or family member, have a chat and see what we do?

Contact Sally Martin on

020 8647 8990

or check us out on

www.oakswaycentre.co.uk

monday

Dance & Exercise	9:30am-10:30am
Carshalton Beeches Baptist Free Church	020 8642 7372
Cycling	10:00am-12noon
David Weir Leisure Centre	020 8404 1522
Pilates	11:30am-12:30pm
	6:45pm-7:45pm
Carshalton Beeches Baptist Free Church	020 8643 7943
Gardening	1:00pm-3:00pm
Carshalton Community Allotment	020 8404 1522
Shepherd Singers	2:00pm-3:00pm
<i>*Third Monday of month</i>	
Church of the Good Shepherd	020 8773 2962
Carers Support Group	3:00pm-4:30pm
<i>*Last Monday of month</i>	
Lavender Oaks Care Home	0208 164 2522
Tennis (Children)	4:30pm-5:30pm
	5:30pm-6:15pm
Carshalton Lawn Tennis Club	07720 941 494
Weight Watchers	6:30pm-7:30pm
Carshalton Beeches Baptist Free Church	020 8647 7740
Dog Training	7:30pm-9:30pm
Diamond Riding Centre	07851 491 352
Tennis (Beginners)	7:30pm-8:30pm
Tennis (Cardio)	7:30pm-8:30pm
Tennis Xpress (Adults)	7:30pm-8:30pm
Carshalton Lawn Tennis Club	07720 941 494
Sports & Social Club	7:45pm-10:00pm
Carshalton Beeches Baptist Free Church	020 8643 7893

tuesday

Baby & Toddlers	10:00am-11:00am
Carshalton Beeches Baptist Free Church	020 8642 9311
Spill the Beans Cafe	11:30am-2:00pm
Carshalton Beeches Baptist Free Church	020 8647 8990
Golf - Senior Group	11:00am & 12:00pm
The Oaks Golf Centre	020 8643 8363
Ladies Stretch & Tone	1:30pm-3:00pm
Church of the Good Shepherd	020 8642 0892
Pilates	1:30pm & 7:00pm
Carshalton Beeches Baptist Free Church	020 8643 7943
Dramabuds	1:30-2:30pm
	4:30-5:30pm
Carshalton Beeches Baptist Free Church	020 8669 2355
Mini Tennis Red	4:45pm-5:30pm
Mini Tennis Green	5.30pm-6.30pm
Carshalton Lawn Tennis Club	07720 941 494
Knitting	6:00pm-8:00pm
<i>*1st & 3rd Tuesday of month</i>	
Maxime Woools	020 8661 5625

wednesday

Spill The Beans Café	9:30am-2:00pm
Carshalton Beeches Baptist Free Church	020 8642 9311
Tennis (Adult Ladies)	10:15am-11:15am
Tennis (Ladies Intermediates)	10:15am-11:15am
Carshalton Lawn Tennis Club	07720 941 494
Tiny Tots	10:30am-11:30am
<i>*Wednesdays Term Time</i>	Church of the Good Shepherd
Coffee Morning	10:30am-11:30am
St. Margaret's Catholic Church	020 8647 7748
Chair-based Exercises	11:00am-11:45am
Oaks Way Senior Centre	020 8647 8990
Chair-based Exercises	11:00am-11:45am
Carshalton Beeches Baptist Free Church	020 8915 2233
Beeches Lunch Club	12:45pm-2:00pm
Carshalton Beeches Baptist Free Church	020 8642 9311
Conquest Art	2:00pm-4:00pm
<i>*Alternate Wednesdays</i>	
Carshalton Beeches Baptist Free Church	020 8647 9472
Game On! Board Games	2:00pm-4:00pm
<i>*3rd Wednesday of month</i>	Church of the Good Shepherd
British Theatre Academy	5.00pm-8.00pm
Carshalton Beeches Baptist Free Church	07718 988 295
Weight Watchers	6:30pm-7:30pm
Carshalton Athletic Football Club	020 8404 1522
Pilates Class	7:00pm-8:00pm
Carshalton Beeches Baptist Free Church	020 8643 7943
Tennis Xpress (Adults)	7:30pm-8:30pm
Carshalton Lawn Tennis Club	07720 941 494
Wednesday Club	8:00pm-10:00pm
<i>*4th Monday of month</i>	
Church of the Good Shepherd	020 8669 0318

thursday

Tennis (Ladies Intermediates)	9:15am-10:15am
Carshalton Lawn Tennis Club	07720 941 494
Spill The Beans Café	9:30am-2:00pm
Carshalton Beeches Baptist Free Church	020 8642 9311
Mojangles	10:00am
www.mojangles.co.uk	
Carshalton Beeches Baptist Free Church	
Mums and Toddlers	10:30am-11:30am
Church of the Good Shepherd	07977 585 020
Coffee and Craft	10:15am-12:00pm
<i>*2nd Thursday of month</i>	
Church of the Good Shepherd	020 8647 3196
Pilates	12noon-1:00pm & 8:00pm-9:00pm
Carshalton Beeches Baptist Free Church	020 8643 7943
Hand Drumming for Therapy	2:00pm-3:00pm
<i>*Term Time Only</i>	Oaks Way Centre 07770 533 000
Junior Tennis (11-14 yr olds)	5:00pm- 6:00pm
Carshalton Lawn Tennis Club	07720 941 494
Stress Relief	6:30pm-8:00pm
Nork Community Centre	07900 915 660
Beeches AA Group	8:00pm-9:00pm
Carshalton Beeches Baptist Free Church	07570 813 040



Tel 020 8288 0365
52-54 Banstead Road,
Carshalton Beeches SM5 3NW
e: contact@la-banca.co.uk
www.la-banca.co.uk

friday

Pilates Class	9:15am-10:15am
Carshalton Beeches Baptist Free Church	020 8643 7943
Spill The Beans Café	9:30am-2:00pm
Carshalton Beeches Baptist Free Church	020 8642 9311
Tennis (Cardio)	10:30am-12:30pm
Mini Tennis Green	4:15pm-5:00pm
Mini Tennis	4:15pm-5:00pm
Junior Tennis (12-14 yr olds)	5:00pm-6:00pm
Junior Tennis (15-17 yr olds)	6:00pm-7:00pm
Carshalton Lawn Tennis Club	07720 941 494
Gardening	10:30am-12:30pm
Carshalton Community Allotment	020 8404 1522
Exercise Class	10:30am-11:30am
Carshalton Beeches Baptist Free Church	020 8288 1302

saturday

Red Mini Tennis (4-8 yrs olds)	9:00am-10:00am
Orange Mini Tennis (4-8 yrs olds)	9:00am-10:00am
Yellow Ball (11-13 yr olds)	10:00am-11:00am
Green Ball (9-11 yr olds)	
Yellow Ball (13-16 yr olds)	11:00am- midday
Carshalton Lawn Tennis Club	07720 941 494
Pilates	10:00am-11:00am
Carshalton Beeches Baptist Free Church	01737 553 280
Lavender Drop In	10:15am-12:30pm
Carshalton Lavender	07948 174 907
Weight Watchers	6.30pm-7.30pm
Carshalton Athletic Football Club	07780 330 693
Cycling Groups	2:00pm
<i>*Every 3rd Saturday of Month</i>	
Beddington Park	020 8395 8350

sunday

Football Club	2:00pm-4:00pm
<i>*Alternate Sundays</i>	
Oaks Park High School	01932 836 490

ANGELA RIGBY

PRANIC HEALING THERAPIST

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