Weekly Regular Events in Ottery St Mary

Every Monday Cardio and Strength via Zoom 7.30-8.15am Contact Genevieve Temple, Ottery Forest Fit 07496 838951

Every Monday GENTLE YOGA 10.30am-11.45am in The Institute; contact Lesley Toy 01404 812577. Beginners welcome

Every Monday term time 'Tots Time' baby and toddler group 2-3pm in Ottery Parish Church. Contact suejeacock@live.co.uk

Every Monday term time Phoenix Ladies Choir 2-3.30pm at The Station Hub, Ottery St Mary. Contact Emma Palmer empalmusic@gmail.com

Every Monday Ottery St Mary Handbell Ringers, 2-4-30pm in The Institute. Contact Gill Sexton 07952 422292

Every Monday Space Juniors Youth Club (Years 7&8) 6.30-8.30pm at the Station Community Hub

Every Monday Short Mat Bowls 7pm-10pm in The Institute

Every Monday Brass Class practice 7.30pm in The Silver Band's new home, the Old Methodist Church, Mill Street. Info from Brian Baker 01404 814502

Every Tuesday Citizens Advice 9.30-11.30am in the Town Council offices

Every Tuesday Coffee & Chat 10am-11.15am in the Activities Room at The Silver Otter cafe. Please bring money to buy your coffee

Every Tuesday Men's Shed in Hind Street opposite Sainsburys carpark 10am-4pm. Contact mensshedottery@gmail.com or "Men's Shed" 01404 623144

Every Tuesday "Boogie With Me". An interactive class for parents/carers and pre-school children to enjoy dancing and exercising together 10-11am in The United Reform Church Hall. More info – osmmoveanddance@gmail.com

Every Tuesday "Keep Moving with Philly" exercise class 10-11am at JW Dance. Contact Philly 07907 642373

Every Tuesday, term time 'Play Wild' toddler outdoor playgroup/stay and play 10.15am-12Noon at Wildwood Escot. To book/more info contact devon.wildwoodtrust.org/events- experiences/play-wild-toddler-club/

Every Tues-Term Time Rainbows (ages4-7) 4.10-5.10pm at The Station. Contact www.girlguiding.org.uk/information-for-parents/register-a-child/

" " " " Brownies (ages 7-10) 5-6.30pm in The United Reform Church. Contact as above

" " " " Brownies (ages 7-10) 5.15-6.45pm at The Station. Contact as above

" " " " Guides (ages 10-14) 7-8.30pm at The Station. Contact as above

" " " " Rangers (14-18) 7-8.30pm at The Station. Contact as above

Every Tuesday General Yoga 6.15-7.45pm in The Institute. Contact Lesley Toy 01404 812577

Every Tuesday Run Fitness 6.30-7.15pm in Ottery. Contact Genevieve, Ottery Forest Fit 07496 838951

Every Tuesday Walking Football. Open to male and female players. 6.30-7.30pm at Ottery Leisure Centre. 1st session free then £3.50 per session. For more info and to book a place call 01404 42325

Every Tuesday "Adult Dance and Exercise" following the Margaret Morris International Syllabus. 7-8.30pm in The Old Methodist Church, Mill Street. Previous dance experience useful but not essential. email osmmoveanddance@gmail.com

Every Weds Calm, Core and Strength Pilates 9.15-10.15am in Ottery. Contact Genevieve, Ottery Forest Fit 07496 838951

Every Weds Short Mat Bowls in The Institute 9.45am-12Noon

Every Weds Mindful Yoga Class 10-11am at JW Dance Studio, Ottery. Contact via www.rebalancewithlynn.com

Every Weds Ottery Petanque Club, Strawberry Lane 2pm. Info from John 07770 784310 or Mike 07410 593594

Every Weds ZOOM Hatha Yoga 6.30-7.45pm. Contact Lesley Toy 01404 812577

Every Weds Ottery Choral Society rehearse September to March 7.30-9.30pm in The United Reformed Church, Yonder Street. Contact Rob Clay on 01395 567746

Every Thursday HATHA YOGA 9.15-10.45am at Ottery Football Club. Contact Lesley Toy 01404 812577. Beginners welcome

Every Thursday "Fit for Life" for Mobility/Co-ordination/Flexibility/Breathing. 9.45-10.45am in The Old Methodist Church, Mill Street. More info – osmmoveanddance@gmail.com

Every Thursday term time 'Play Wild' toddler group (outdoor playgroup/stay and play) 10.15am-12Noon at Wildwood Escot. To book/more info contact devon.wildwoodtrust.org/events-experiences/play-wild-toddler-club/

Every Thursday Music for Wellbeing group 10.30am-12Noon at The Station Hub, Ottery. To attend contact Ottery Help Scheme on 01404 813041

Every Thursday Men's Shed in Hind Street, opposite Sainsburys carpark 10am-4pm. See Tues for contact details

Every Thursday, term time 'Kingdom Kids' (singing, craft and drama for age 4 up) 4-5pm at Ottery Parish Church. Contact rachel.branston@gmail.com

Every Thursday Drop In Youth Club (Years 7 to 19 years of age) 3.30-5.30pm at The Station Community Hub

Every Thursday. Parish Church Choir rehearse 6.45-8pm (plus singing at Sunday services) at Ottery Parish Church. Contact rachel.branston@gmail.com

Every Thursday La La Choir practice 7-9pm in The United Reform Church, Jesu Street. To join or more info email info@lalachoirs.co.uk

Every Thursday Ottery Tae Kwon-Do Club at The Scout Centre, Winters Lane. 6-6.50pm - Family and Junior Class & 7.10-8pm – Seniors Class. Contact Taylor.tkd@hotmail.co.uk or Andy (Mr T) 07596 409626

Every Thursday Ottery Silver Band practice 7.30pm in their new home, the old Methodist Church, Mill Street. Info from Brian Baker on 01404 814502

Every Friday Run Fitness 8.15-9.15am in Ottery. Contact Genevieve Temple, Ottery Forest Fit 07496 838951

Every Friday HATHA YOGA 9.30-11am at Ottery Football Club. Contact Lesley Toy 01404 812577. Beginners welcome

Every Friday "Bounce and Rhyme" 9.30-10am, Term Time only, in Ottery Library. Songs and Rhymes for 0-4 year olds and their parents/carers

Every Friday Free self-weigh facilities for babies, 10am-12Noon in Ottery Library

Every Friday Men's Shed in Hind Street, opposite Sainsburys carpark. 10am-4pm. See Tues for contact details

Every Friday term time 'Play Wild' toddler group (outdoor playgroup/stay and play) 10.15am-12Noon at Wildwood Escot. To book/more info contact devon.wildwoodtrust.org/events-experiences/play-wild-toddler-club/

Every Friday Ottery Help Scheme Seated Exercise classes 10.30am-12noon and 1.30-3pm at The British Legion Club, West Hill. £5 which includes refreshments. Contact info@otteryhelpscheme.org.uk or 01404 813041

Every Friday Mindfulness Meditation class 11-11.40am by Zoom. Contact Kathryn on 07443006293 or mindfulporlock@gmail.com

Every Friday Craft and a Cuppa, 2-3.30pm in Ottery Library. Bring your crafts to have a chat and a cuppa whilst doing

Every Friday The Hub Youth Drop In Café at The Station Youth Centre 3.30-4.45pm for Secondary Aged young people

Every Friday Lego Club 4-5pm in Ottery Library. Drop in

Every Saturday Children's Dance Class from 5 years upwards. 9.30-10.30am in The United Reform Church Hall. A graded syllabus following the Margaret Morris technique. Email osmmoveanddance@gmail.com

Every Saturday Ladies welcome at Ottery Community Shed, Hind Street, opposite Sainsburys carpark, 10am-4pm Contact mensshedottery@gmail.com or "Men's Shed" on 01404 623144

Every Saturday Short Tennis for Over 50s 2-4pm at Ottery Leisure Centre

Every Sunday Ottery Petanque Club, Strawberry Lane 10.30am. Info from John 07770 784310 or Mike 07410 593594

Every Sunday Ottery Tae Kwon-Do Club at The Scout Centre, Winters Lane. 6-6.50pm Family and Junior Class & 7.10-8pm Senior Class. Contact Taylor.tkd@hotmail.co.uk or Andy (Mr T) 07596 409626