



Times	Activity	Room
7.15am – 8.15am	Tai Chi	Main Hall
7.45am – 8.45am	Meditation - Intermediate	Dry Craft Room
8am – 9am	Walking Group	Meet at back of foyer
8.30am – 12pm	Card Making	Wet Craft Room
8.30am – 3.45pm	Indoor Carpet Bowls Social & Competitions	Main Hall
8.45am – 12pm	Croquet	Croquet Lawn
9am – 10am	Meditation - Beginners	Technology Room
9am – 12pm	Crochet/Patchwork	Dry Craft Room
12pm – 3.50pm	Snooker	Games Room
12.30pm – 3.50pm	Darts	Games Room
12.30pm – 3.30pm	Mosaics	Wet Craft Room
1pm – 2pm 2 nd Wednesday of Month	Book Club	Technology Room
1pm – 3pm 2 nd Wednesday of Month	Alzheimer's Carers Support	Dry Craft Room
1pm – 3pm	Friendlies Group	Dining Room
4pm – 5.30pm	Table Tennis (Training)	Main Hall
6pm – 7.30pm	Yoga Members Only	Main Hall

For Special Events, please check the notice board located opposite
the Admin Office

For any questions please see staff