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Tuesday Activities		
Times	Activity	Room
8am-9am	Core Flow	Main Hall
8.30am-12pm	Scrapbooking	Wet Craft
9am-12pm	Mahjong	Dry Craft
9am-12pm	Golf Croquet	Croquet Lawn
9.30am-10.30am	Boxercize	Main Hall
10am-12pm	iPad Workshops	Games Room
11am-12pm	Functional Movement	Main Hall
12pm-3.50pm	Snooker	Games Room
12pm-4pm	Table Tennis (Social)	Main Hall
12.30pm-3.30pm	Rummiking	Wet Craft
12.30pm-3.30pm	Scrabble	Wet Craft
1pm-3.30pm	Chess	Wet Craft
1pm-4pm	Singing	Dining Room
1pm–3pm Alternate weeks	Travel Buddies	Dry Craft
7pm-9.45pm	Ballroom Dancing	Main Hall

Wednesday Activities			
Times	Activity	Room	
7.15am-8.15am	Tai Chi	Main Hall	
7.45am-8.45am	Meditation - Intermediate	Dry Craft	
8am-9am	Walking Group	Back of Foyer	
8.30am-12pm	Card Making	Wet Craft	
8.30am-3.45pm	Indoor Bowls (Social and Competition)	Main Hall	
8.45am-12pm	Croquet	Croquet Lawn	
9am-12pm	Crochet/Patchwork	Dry Craft	
9am-10am	Meditation -	Technology	
3am-Tuam	Beginners	room	
12pm-3.50pm	Snooker	Games Room	
12.30pm-3.50pm	Darts	Games Room	
12.30pm-3.30pm	Mosaics	Wet Craft	
1pm–2pm	Book Club	Rook Club	Technology
2 nd Wed of month		room	
1pm–2pm 2 nd Wed of month	Alzheimer's Carers Support	Dry Craft	
1pm–3pm	Friendlies Cuppa	Dining Room	
4pm–5.30pm	Table Tennis (Training)	Main Hall	
6pm-7.30pm	Yoga	Main Hall	

Thursday Activities		
Times	Activity	Room
8am-2pm	Machine Embroidery	Wet Craft
8am-12pm	Crafty Friends	Dry Craft
8.45am-11.45am	Indoor Carpet Bowls (Social)	Main Hall
9am-12pm	Golf Croquet	Croquet Lawn
12pm–1pm	Flow Motion	Main Hall
12pm-3.50pm	Snooker	Games Room
12.15pm-3.30pm	Mahjong	Dry Craft
12.30pm-3.50pm	Darts	Games Room
1pm–3pm 2 nd Thurs of month	Parkinson's Support	Dining Room
2pm-5.30pm	Playbacks Concert Group	Main Hall
3pm-4pm	Spanish Conversation	Wet Craft
6pm–9pm	Nostalgia Singers	Dining Room
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Friday Activities		
Times	Activity	Room
8am-12pm	Crafty Friends	Wet Craft
8.15am-9.15am	Tai Chi	Main Hall
9am-12pm	Mahjong	Dry Craft
9.30am-10.30am	Aerobics	Main Hall
10.45am– 11.45am	Empowered	Main Hall
12.30pm-3.50pm	Snooker	Games Room
1pm-3.45pm	Bingo	Main Hall
5.30pm-6.30pm	New Vogue Dance Beginners Lessons	Main Hall
7pm–9.30pm Alternate Fridays	New Vogue Dance	Main Hall

Saturday Activities		
Times	Activity	Room
8.45am-12pm	Croquet	Croquet Lawn
9am-1pm	Sewing for Pleasure	Dry Craft
9am-11.30am	Ukulele (Beginners)	Dining Room
9am-11.30am	Ukulele (Intermediate)	Games Room
9am-11.30am	Ukulele (Advanced)	Games Room
9.30am-10.30am	Line Dance (Beginners)	Main Hall
10.50am-11.50am	Line Dance (Intermediate)	Main Hall
7pm–9.30pm Alternate Saturdays	New Vogue Dance	Main Hall

Sunday Activities		
Times	Activity	Room
12.45pm-4pm	Indoor Carpet Bowls (Social)	Main Hall
6pm–8pm	Rocky Micro Flyers (Drones and model Aircraft)	Main Hall

Office Hours: 8.30am-3.30pm



































































