

Monday Activities

What's On

Times	Activity	Room
8.15am – 9.45am	Weight Busters	Dry Craft Room
8.30am – 11.30am	Darts	Games Room
9am – 12pm	Art (painting)	Wet Craft Room
9.30am – 11.30am	New Vogue Dance	Main Hall
9.45am – 12.15pm	Crochet/Knitting	Dry Craft Room
11.45am – 1.15pm	Yoga	Main Hall
12.15pm – 3.15pm	Mahjong	Dry Craft Room
1pm – 3.30pm	China Painting	Wet Craft Room
1pm – 4pm	Bingo	Dining Room
1pm – 3pm	Android Workshop	Technology Room
1.30pm – 2.30pm	Gentle Yoga	Main Hall
1.30pm – 4pm	Advanced Table Tennis	Games Room

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

For any questions please see staff

