

Friday Activities

What's On

Times	Activity	Room
8.15am – 9.15am	Tai Chi	Main Hall
8am – 12pm	Crafty Friends	Wet Craft Room
9am – 2pm	Massage Therapist	Allied Health Room
9am – 12pm	Mahjong	Dry Craft Room
9.30am – 10.30am	Aerobics	Main Hall
10.45am – 11.45am	Functional Movement	Main Hall
12.30pm – 3.50pm	Darts and Snooker	Games Room
1pm – 3pm	Embroidery/ Cross Stitch	Dry Craft Room
1pm – 3.45pm	Bingo	Main Hall
7pm – 9.30pm Alternate Fridays see noticeboard	New Vogue Dance	Main Hall

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

For any questions please see staff