

What's on at the Autumn Centre

Friday Activities		
Time	Activity	Room
7.30am-8.15am	Qi Gong	Main Hall
8am-12pm	Crafty Friends	Wet Craft Room
8.15am-9.15am	Tai Chi	Main Hall
9am-12pm	Mahjong	Dry Craft Room
9.30am-10.30am	Aerobics	Main Hall
10.45am-11.45am	Chair Yoga	Main Hall
11.30am-3.50pm	Snooker	Games Room
1pm-3.45pm	Bingo	Main Hall
5.30pm-6.30pm	New Vogue Dancing Beginners Lessons	Main Hall
7pm-9.30pm	New Vogue Dances - alternate Fridays	Main Hall

For special events, please check the notice board located opposite the Admin Office.
For any questions please see staff.

