

# Monday Activities

## What's On

Times	Activity	Room
8am – 9am	Chi Ball	Main Hall
8am – 11.45am	Painting for Pleasure	Wet Craft Room
8.15am – 9.30am	Weight Busters	Dry Craft Room
8.30am – 11.30am	Pool	Games Room
9.30am – 11.30am	New Vogue Dance	Main Hall
9.45am – 12.00pm	Crochet/Knitting	Dry Craft Room
11.45am – 1.15pm	Yoga	Main Hall
1pm – 3.45pm	Bingo	Dining Hall
12pm – 3.50pm	Snooker	Games Room
1pm – 3.30pm	Crochet/Knitting (Beginners)	Dry Craft Room
1pm – 3.30pm	China Painting	Wet Craft Room
1.30pm – 2.30pm	Gentle Yoga	Main Hall
3pm – 4pm	Tai Chi	Main Hall
6pm – 9pm	Table Tennis (Social)	Main Hall

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

**For any questions please see staff**