

Tuesday Activities

What's On

| Times | Activity | Room |
|------------------------------------|-----------------------|--------------------|
| 8am – 9am | Pilates | Main Hall |
| 8.30am – 12pm | Scrapbooking | Wet Craft Room |
| 9am – 3.30pm Alternate Tuesdays | Bowen Therapy | Allied Health Room |
| 9am – 1pm | Golf Croquet | Croquet Lawn |
| 9am – 12pm | Mahjong | Dry Craft Room |
| 9.30am – 10.30am | Boxercize | Main Hall |
| 10am – 12pm | iPad Workshops | Games Room |
| 11am – 12pm | Functional Movement | Main Hall |
| 12pm – 3.50pm | Darts and Snooker | Games Room |
| 12pm – 4pm | Table Tennis (Social) | Main Hall |
| 12.30pm – 3.30pm | Rummiking | Wet Craft Room |
| 12.30pm – 3.30pm | Scrabble | Wet Craft Room |
| 1pm – 4.00pm | Singing | Dining Room |
| 7pm – 9.45pm | Ballroom Dancing | Main Hall |

**For Special Events, please check the notice board located
opposite the Admin Office
For any questions please see staff**