

Tuesday Activities

What's On

Times	Activity	Room
8am – 9am	Pilates	Main Hall
8.30am – 12pm	Scrapbooking	Wet Craft Room
9am – 4pm	Bowen Therapy	Allied Health Room
9am – 12pm	Mahjong	Dry Craft Room
9.30am – 10.30am	Aerobics	Main Hall
10am – 12pm	iPad Workshops	Games Room
10.45am – 11.45am	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 – 3.30pm	Singing for Love Choir	Dining Room
1.15pm – 3.45pm	Chess	Wet Craft 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**