



# Wednesday Activities

## What's On

Times	Activity	Room
7.15am – 8.15am	Tai Chi	Main Hall
8am – 12pm	Table Tennis (Social)	Games Room
8.30am – 12pm <i>Alternate Wednesdays</i>	Podiatry Services	Allied Health Room
8.30am – 12pm	Card Making	Wet Craft Room
8.30am – 12pm	Croquet	Croquet Lawn
8.30am – 3.45pm	Indoor Carpet Bowls <i>Social &amp; Competitions</i>	Main Hall
9am – 12pm	Crochet/Patchwork	Dry Craft Room
12pm – 3.50pm	Darts and Snooker	Games Room
12.30pm – 3.30pm	Mosaics	Wet Craft Room
1pm – 3pm <i>2<sup>nd</sup> Wednesday of Month</i>	Book Club	Library
1pm – 3.30pm <i>1<sup>st</sup> Wednesday of Month</i>	Alzheimer's Support	Dining Room
1.30pm – 3.30pm	Friendlies Group	Dining Room
4pm – 5.30pm	Table Tennis (Intense Training)	Main Hall
6pm – 7.30pm	Yoga <i>Members Only</i>	Main Hall
6pm – 9pm	Nostalgia / Tivoli	Games Room

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

**For any questions please see staff**



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