

What's on at the Autumn Centre

Wednesday Activities		
Time	Activity	Room
7.15am-8.15am	Tai Chi [Advanced]	Main Hall
7.45am-8.45am	Meditation [Intermediate]	Dry Craft Room
8am-12pm	Card Making	Wet Craft Room
8.30am-12pm	Carpet Bowls [Social]	Main Hall
8.30am-12pm	Croquet	Croquet Court
9am-10am	Meditation [Beginners]	Technology Room
9am-12pm	Crochet/Patchwork	Dry Craft Room
9am-12.30pm	Pool	Games Room
12pm-3pm	Darts	Games Room
12pm-3.45pm	Carpet Bowls [Practice]	Main Hall
12.30pm-3.30pm	Mosaics	Wet Craft Room
12.30pm-3.50pm	Snooker	Games Room
1pm-2pm	Book Club - 2nd Wed of the month	Technology Room
1pm-3pm	Alzheimer's Carers Support - 2nd Wed of the month	Dining Room
1pm-3pm	Friendship Group	Dry Craft Room
4pm-5.30pm	Table Tennis [Intense]	Main Hall
6pm-7.30pm	Yoga - members only	Main Hall

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

