





























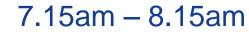
Times

Activity













Tai Chi





8am - 9am



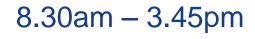




8.30am – 12pm













8.45am – 12pm

Croquet



Technology Room



9am - 10am

Meditation - Beginners





Crochet/Patchwork





12pm - 3.50pm

Snooker





12.30pm - 3.50pm

Games Room



Mosaics

Darts





1pm - 2pm 2nd Wednesday of Month

1pm - 3pm

12.30pm - 3.30pm

Book Club





Alzheimer's Carers **2nd Wednesday of Month** Support

Dry Craft Room



Friendlies Group





4pm - 5.30pm

6pm - 7.30pm

1pm - 3pm

Table Tennis (Training)

Main Hall



Yoga **Members Only**

Main Hall

































