

# What's on Weekly at the Autumn Centre

Monday Activities		
Time	Activity	Room
8am-9am	Chi Ball	Main Hall
8am-11.45am	Painting for Pleasure	Wet Craft Room
8.15am-9.30am	Weight Busters	Dry Craft Room
8.30am-2.40pm	Podiatry - alternate Mondays	By appointment
9am-12.30pm	Pool	Games Room
9.30am-11.30am	New Vogue Dances	Main Hall
9.45am-12pm	Crochet/Knitting	Dry Craft Room
11.45am-1.15pm	Yoga	Main Hall
12.30pm-3.50pm	Snooker	Games Room
1pm-3.30pm	China Painting	Wet Craft Room
1pm-3.30pm	Crochet/Knitting [Beginners]	Dry Craft Room
1pm-3.45pm	Bingo	Dining Room
1.30pm-2.30pm	Yoga (Gentle)	Main Hall
3pm-4pm	Tai Chi	Main Hall
6pm-9pm	Table Tennis [Social]	Main Hall

Tuesday Activities		
Time	Activity	Room
8am-9am	Core Flow	Main Hall
8.30am-12pm	Scrapbooking	Wet Craft Room
9am-12pm	Golf Croquet	Croquet Court
9am-12pm	Mahjong	Dry Craft Room
9.30am-10.30am	Boxercise	Main Hall
10am-12pm	iPad Workshops	Games Room
11am-12pm	Functional Movement	Main Hall
12pm-4pm	Table Tennis [Social]	Main Hall
12.30pm-3pm	Rummikg	Wet Craft Room
12.30pm-3pm	Scrabble	Wet Craft Room
12.30pm-3.50pm	Snooker	Games Room
12.30pm-4pm	Bowen Therapy	By appointment
1pm-3pm	Singing	Dining Room
1pm-3pm	Travel Buddies - alternate Tuesdays	Dry Craft Room
7pm-9.45pm	Ballroom Dancing	Main Hall

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	Main Hall

Thursday Activities		
Time	Activity	Room
8am-12pm	Crafty Friends	Dry Craft Room
8am-2pm	Machine Embroidery	Wet Craft Room
8.45am-11.45am	Carpet Bowls [Social]	Main Hall
9am-11.30am	Mexican Trains Game	Games Room
9am-12pm	Golf Croquet	Croquet Court
12pm-1pm	Stretch and Strength	Main Hall
12pm-3pm	Darts	Games Room
12.15pm-3.30pm	Mahjong	Dry Craft Room
12.30pm-3.50pm	Snooker	Games Room
1pm-3pm	Parkinson's Support - 2nd Thu of the month	Dining Room
2pm-5.30pm	Playbacks Concert Group	Main Hall
6pm-8pm	CJ's Line Dancing [Absolute Beginners - Beginners]	Main Hall
6pm-9pm	Nostalgia Singers	Dining Room

Friday Activities		
Time	Activity	Room
7.30am-8.15am	Qi Gong	Main Hall
8am-12pm	Crafty Friends	Wet Craft Room
8.15am-9.15am	Tai Chi	Main Hall
9am-12pm	Mahjong	Dry Craft Room
9am-2pm	Massage Therapy	By appointment
9.30am-10.30am	Aerobics	Main Hall
10.45am-11.45am	Chair Yoga	Main Hall
12.30pm-3.50pm	Snooker	Games Room
1pm-3.45pm	Bingo	Main Hall
5.30pm-6.30pm	New Vogue Dancing Beginners Lessons	Main Hall
7pm-9.30pm	New Vogue Dances - alternate Fridays	Main Hall

Saturday Activities		
Time	Activity	Room
8am-1pm	Sewing for Pleasure	Wet Craft Room
8.30am-12pm	Croquet	Croquet Court
9am-11.30am	Ukulele Playing Group	Dining Room and Games Room
9.30am-10.30am	CJ's Line Dancing [Absolute Beginners - Beginners]	Main Hall
11am-12pm	CJ's Line Dancing [Improvers and Intermediate]	Main Hall
7pm-9.30pm	New Vogue Dances - alternate Saturdays	Main Hall

Sunday Activities		
Time	Activity	Room
12.30pm-3.30pm	Carpet Bowls [Social]	Main Hall
6pm-8pm	Rocky Micro Flyers (Drones and Model Aircraft)	Main Hall

**Autumn Centre Hours: 7.15am-4pm**  
**Office Hours: 8.30am-3.30pm**

