

# What's On Weekly?

| Monday Activities |                              |             |
|-------------------|------------------------------|-------------|
| Times             | Activity                     | Room        |
| 7.30am–8.30am     | Chi Ball                     | Main Hall   |
| 8am–11.45am       | Painting for Pleasure        | Wet Craft   |
| 8.15am–9.30am     | Weight Busters               | Dry Craft   |
| 8.30am–11.30am    | Darts and Pool               | Games Room  |
| 9.30am–11.30am    | New Vogue Dance              | Main Hall   |
| 9.45am–12pm       | Crochet/Patchwork            | Dry Craft   |
| 11.45am–1.15pm    | Yoga                         | Main Hall   |
| 12.10am–3.25pm    | Bingo                        | Dining Hall |
| 1pm–3.30pm        | Crochet/Knitting (Beginners) | Dry Craft   |
| 1pm–3.30pm        | China Painting               | Wet Craft   |
| 1pm–4pm           | Table Tennis (Adv.)          | Games Room  |
| 1.30pm–2.30pm     | Gentle Yoga                  | Main Hall   |
| 3pm – 4pm         | Tai Chi                      | Main Hall   |
| 6pm-9pm           | Table Tennis (Social)        | Main Hall   |

| Thursday Activities                       |                       |              |
|---|-----------------------|--------------|
| Times                                     | Activity              | Room         |
| 8am–2pm                                   | Machine Embroidery    | Wet Craft    |
| 8.30am–12pm                               | Crafty Friends        | Dry Craft    |
| 8.30am–12pm                               | Table Tennis (Adv)    | Games Room   |
| 9am – 1pm                                 | Golf Croquet          | Croquet Lawn |
| 9am–11.45am                               | Carpet Bowls (Social) | Main Hall    |
| 12pm–1pm                                  | Chi Ball              | Main Hall    |
| 12.15pm–3.30pm                            | Mahjong               | Dry Craft    |
| 12.30pm–3.50pm                            | Darts and Snooker     | Games Room   |
| 1pm–3pm<br>2 <sup>nd</sup> Thurs of Month | Parkinson's Support   | Dining Room  |
| 2pm–5.30pm                                | Playbacks Rehearsals  | Main Hall    |
| 6pm – 9pm                                 | Nostalgia/Trivoli     | Games Room   |

| Tuesday Activities            |                       |               |
|-------------------------------|-----------------------|---------------|
| Times                         | Activity              | Room          |
| 8am–9am                       | Pilates               | Main Hall     |
| 8.30am–12pm                   | Scrapbooking          | Wet Craft     |
| 8.30am–3.30pm<br>Alt Tuesdays | Bowen Therapy         | Allied Health |
| 9am–12pm                      | Mahjong               | Dry Craft     |
| 9am – 1pm                     | Golf Croquet          | Croquet Lawn  |
| 9.30am–10.30am                | Boxercize             | Main Hall     |
| 10am–12pm                     | iPad Workshops        | Games Room    |
| 11am–12pm                     | 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     |
| 12.30pm–3.30pm                | Scrabble              | Wet Craft     |
| 1pm–4.00pm                    | Singing               | Dining Room   |
| 7pm–9.45pm                    | Ballroom Dancing      | Main Hall     |

| Friday Activities          |                         |               |
|----------------------------|-------------------------|---------------|
| Times                      | Activity                | Room          |
| 8.15am–9.15am              | Tai Chi                 | Main Hall     |
| 8am–12pm                   | Crafty Friends          | Wet Craft     |
| 9am–12pm                   | Mahjong                 | Dry Craft     |
| 9am–2pm                    | Massage Therapist       | Allies Health |
| 9.30am–10.30am             | Aerobics                | Main Hall     |
| 10.45am–11.45am            | Functional Movement     | Main Hall     |
| 12.30pm–3.50pm             | Darts and Snooker       | Games Room    |
| 1pm–3pm                    | Embroidery/Cross-stitch | Dry Craft     |
| 1pm–3.45pm                 | Bingo                   | Main Hall     |
| 7pm–9.30pm<br>Alt. Fridays | New Vogue Dance         | Main Hall     |

| Wednesday Activities                          |                                     |               |
|---|-------------------------------------|---------------|
| Times   | Activity                            | Room          |
| 7.15am–8.15am                                 | Tai Chi                             | Main Hall     |
| 8am–12pm                                      | Table Tennis (Social)               | Games Room    |
| 8.30am–12pm                                   | Card Making                         | Wet Craft     |
| 8.30am–12pm<br>Alt. Wednesdays                | Podiatry Services                   | Allied Health |
| 8.30am–4pm                                    | Indoor Bowls (Social & Competition) | Main Hall     |
| 8.30am–12pm                                   | Croquet                             | Croquet Lawn  |
| 9am–12pm                                      | Crochet/Patchwork                   | Dry Craft     |
| 12pm–3.50pm                                   | Darts and Snooker                   | Games Room    |
| 12.30pm–3.30pm                                | Mosaics                             | Wet Craft     |
| 1pm–3pm<br>2 <sup>nd</sup> Wed of Month       | Book Club                           | Library       |
| 1.30pm–3.30pm<br>1 <sup>st</sup> Wed of Month | Alzheimer's Support                 | Dry Craft     |
| 1.30pm–3.30pm                                 | Friendlies Cuppa                    | Dining Room   |
| 4pm–5.30pm                                    | Table Tennis (Intensive)            | Main Hall     |
| 6pm–7.30pm<br>Members Only                    | Yoga                                | Main Hall     |
| 6pm – 9pm                                     | Nostalgia/Trivoli                   | Games Room    |

| Saturday Activities          |                           |              |
|------------------------------|---------------------------|--------------|
| Times                        | Activity                  | Room         |
| 8.45am–12pm                  | Croquet                   | Croquet Lawn |
| 9am-11.30am                  | Ukulele (Beginners)       | Dining Room  |
| 9am–11.30am                  | Ukulele (Intermediate)    | Games Room   |
| 9am–11.30am                  | Ukulele (Advanced)        | Games Room   |
| 9.30am–10.30am               | Line Dance (Beginners)    | Main Hall    |
| 10.50am–11.50am              | Line Dance (Intermediate) | Main Hall    |
| 7pm–9.30pm<br>Alt. Saturdays | New Vogue Dance           | Main Hall    |

| Sunday Activities |  |           |
|-------------------|--|-----------|
| Times             | Activity                                     | Room      |
| 12.45pm–4pm       | Indoor Carpet Bowls (Social)                 | Main Hall |
| 6pm–10pm          | Rocky Micro Flyers (Drones & model Aircraft) | Main Hall |

**Autumn Centre Hours – 7.15am–4.00pm**  
**Office Hours – 8.30am – 3.30pm**