## 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
0.10am-5.50am	Podiatry - alternate	Dry Craft (Com
8.30am-2.40pm	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
12.30pm-3.30pm		Wet Craft Room
rpm-s.supm	China Painting	Wet Clait 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
Time	Tuesday Activities	Door
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	Rummiking	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 -	Dry Craft Room
тріп-оріп	alternate Tuesdays	Dry Craft (Nooil)
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
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9am-12pm 9am-2pm 9.30am-10.30am	Mahjong Massage Therapy	Dry Craft Room By appointment
9am-2pm 9.30am-10.30am	Massage Therapy	By appointment
9.30am-10.30am		
	Aerobice	Main Hall
10 10 11 10	Velopica	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	lew Vogue Dancing Beginners Lessons	Main Hall
7pm-9.30pm N	ew Vogue Dances - alternate Fridays	Main Hall
5	Saturday Activities	
Time	Activity	Room
8am-1pm	Sewing for Pleasure	Wet Craft Room
8.30am-12pm	Croquet	Croquet Court
9am-11.30am Uł	kulele Playing Group	Dining Room and Games Room
	CJ's Line Dancing Absolute Beginners - Beginners]	Main Hall
11am-12pm	CJ's Line Dancing [Improvers and Intermediate]	Main Hall
7 pm-9.30pm	ew Vogue Dances - alternate Saturdays	Main Hall
Sunday Activities		
Time	Activity	Room
i i	arpet Bowls [Social]  Rocky Micro Flyers (Drones and Model  Aircraft)	Main Hall Main Hall

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



























