

What's On Weekly?

Monday Activities		
Times	Activity	Room
8am-9am	Chi Ball	Main Hall
8am-11.45am	Painting for Pleasure	Wet Craft
8.15am-9.30am	Weight Busters	Dry Craft
8.30am-11.30am	Pool	Games Room
9.30am-11.30am	New Vogue Dance	Main Hall
9.45am-12.00pm	Crochet/Knitting	Dry Craft
11.45am-1.15pm	Yoga	Main Hall
12pm-3.50pm	Snooker	Games Room
1pm-3.45pm	Bingo	Dining Hall
1pm-3.30pm	Crochet/Knitting (Beginners)	Dry Craft
1pm-3.30pm	China Painting	Wet Craft
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
8am-12pm	Crafty Friends	Dry Craft
8.45am-11.45am	Indoor Carpet Bowls (Social)	Main Hall
9am-12pm	Golf Croquet	Croquet Lawn
12pm-1pm	Stretch and Strength	Main Hall
12pm-3.50pm	Snooker	Games Room
12.15pm-3.30pm	Mahjong	Dry Craft
12.30pm-3.50pm	Darts	Games Room
1pm-3pm 2 nd Thurs of month	Parkinson's Support	Dining Room
2pm-5.30pm	Playbacks Concert Group	Main Hall
6pm-9pm	Nostalgia Singers	Dining Room

Tuesday Activities		
Times	Activity	Room
8am-9am	Core Flow	Main Hall
8.30am-12pm	Scrapbooking	Wet Craft
9am-12pm	Mahjong	Dry Craft
9am-12pm	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	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-3.30pm	Chess	Wet Craft
1pm-3pm	Singing	Dining Room
1pm-3pm Alt weeks	Travel Buddies	Dry Craft
7pm-9.45pm	Ballroom Dancing	Main Hall

Friday Activities		
Times	Activity	Room
8am-12pm	Crafty Friends	Wet Craft
8.15am-9.15am	Tai Chi	Main Hall
9am-12pm	Mahjong	Dry Craft
9.30am-10.30am	Aerobics	Main Hall
10.45am-11.45am	Empowered	Main Hall
12.30pm-3.50pm	Snooker	Games Room
1pm-3.45pm	Bingo	Main Hall
2.45pm-3.45pm	Spanish Conversation	Wet Craft
5.30pm-6.30pm	New Vogue Dance Beginners Lessons	Main Hall
7pm-9.30pm Alt Fridays	New Vogue Dance	Main Hall

Wednesday Activities		
Times	Activity	Room
7.15am-8.15am	Tai Chi	Main Hall
7.45am-8.45am	Meditation - Intermediate	Dry Craft
8.30am-12pm	Card Making	Wet Craft
8.30am-3.45pm	Indoor Bowls (Social and Competition)	Main Hall
8.45am-12pm	Croquet	Croquet Lawn
9am-12pm	Crochet/Patchwork	Dry Craft
9am-10am	Meditation - Beginners	Technology room
12pm-3.50pm	Snooker	Games Room
12.30pm-3.50pm	Darts	Games Room
12.30pm-3.30pm	Mosaics	Wet Craft
1pm-2pm 2 nd Wed of month	Book Club	Technology room
1pm-2pm 2 nd Wed of month	Alzheimer's Carers Support	Dry Craft
1pm-3pm	Friendly's Cuppa	Dining Room
4pm-5.30pm	Table Tennis (Training)	Main Hall
6pm-7.30pm	Yoga	Main Hall

Saturday Activities		
Times	Activity	Room
8.45am-12pm	Croquet	Croquet Lawn
9am-1pm	Sewing for Pleasure	Wet Craft
9am-11.30am	Ukulele	Dining Room
9.30am-10.30am	Line Dance (Beginners)	Main Hall
10.50am-11.50am	Line Dance (Intermediate)	Main Hall
7pm-9.30pm Alt Saturdays	New Vogue Dance	Main Hall

Sunday Activities		
Times	Activity	Room
12.45pm-4pm	Indoor 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