

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
10am – 11am	Walking Football	Croquet Lawn
11.45am – 1.15pm	Yoga	Main Hall
1pm – 3.30pm	Crochet/Knitting (Beginners)	Dry Craft
1pm – 3.30pm	China Painting	Wet Craft
1pm – 3.45pm	Bingo	Dining Room
1pm – 4pm	Table Tennis (Adv.)	Games Room
1.30pm – 2.30pm	Gentle Yoga	Main Hall
6pm-9pm	Table Tennis (Social)	Main Hall

Tuesday Activities

Times	Activity	Room
8am – 9am	Pilates	Main Hall
8.30am – 12pm	Scrapbooking	Wet Craft
8.30am – 4pm	Bowen Therapy	Allied Health
9am – 12pm	Mahjong	Dry Craft
9.30am – 10.30am	Aerobics	Main Hall
10am – 12pm	iPad Workshops	Games Room
10.45am – 11.45am	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 – 3.30pm	Singing for Love Choir	Dining Room
1.15pm – 3.45pm	Chess	Wet Craft
7pm – 9.45pm	Ballroom Dancing	Main Hall

Wednesday Activities

Times	Activity	Room
7.20am – 8.20am	Gentle Yoga	Main Hall
8am – 12pm	Table Tennis (Social)	Games Room
8.30am – 12pm Alt. Wednesday	Podiatry Services	Allied Health
8.30am – 12pm	Card Making	Wet Craft
8.30am – 12pm	Croquet	Croquet Lawn
8.30am – 4pm	Carpet Bowls (Social & Competition)	Main Hall
9am – 12pm	Crochet/Patchwork	Main Hall
12pm – 3.50pm	Darts and Snooker	Games Room
12.30pm – 3.30pm	Mosaics	Wet Craft
1pm – 3pm 2nd Wed of Month	Book Club	Library
1.30pm – 3.30pm 1st Wed of Month	Alzheimer's Support	Dining Room
4pm – 5.30pm	Table Tennis (Intensive)	Main Hall
6pm – 7.30pm Members Only	Yoga	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 – 11.45am	Carpet Bowls (Social)	Main Hall
10am – 11am	Walking Football	Croquet Lawn
12pm – 1pm	Chi Ball	Main Hall
12.15pm – 3.30pm	Mahjong	Dry Craft
12.30pm – 3.50pm	Darts and Snooker	Games Room
1pm – 3pm 2nd Thurs of Month	Parkinson's Support	Dining Room
2pm – 5.30pm	Playbacks Rehearsals	Main Hall
6pm – 9pm	Nostalgia/Tivoli	Main Hall

Friday Activities

Times	Activity	Room
8.15am – 9.15am	TNT Fitness Class	Main Hall
8am – 12pm	Crafty Friends	Wet Craft
8.30am – 4pm	Massage	Allied 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 Alt. Fridays	New Vogue Dance	Main Hall

Saturday Activities

Times	Activity	Room
8.45am – 12pm	Croquet	Croquet Lawn
9am -12pm	Ukulele (Beginners)	Wet Craft
9am – 12pm	Ukulele (Intermediate)	Dry Craft
9am – 12pm	Ukulele (Advanced)	Games Room
9.30am – 10.30am	Line Dance (Beginners) (Waitlist)	Main Hall
11am - 12pm	Line Dance (Intermediate) (Waitlist)	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 – 10pm	Rocky Micro Flyers (Drones & model Aircraft)	Main Hall

Autumn Centre Business Hours Monday – Friday

Centre Hours:
7.15am – 4pm

Office Hours:
Mon to Fri 8.30am – 1.30pm