## 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                                    | By appointment     |
| ·               | Mondays   | , ,,               |
| 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<br>China Bainting                               | Games Room         |
| 1pm-3.30pm      | China Painting  | Wet Craft Room     |
| 1pm-3.30pm      | Crochet/Knitting<br>[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     | 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     |
| 7pm-9.45pm      | alternate Tuesdays Ballroom Dancing                     | Main Hall          |
| 7 piii-9.43piii | Wednesday Activities                                    | Iviaiii i iaii     |
| 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<br>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<br>Room |
| 1pm-3pm         | Alzheimer's Carers<br>Support - 2nd Wed of<br>the month | Dining Room        |
| 1pm-3pm         | Friendship Group  | Dry Craft Room     |
| 4pm-5.30pm      | Table Tennis [Intense]                                  | Main Hall          |
|                 |   |                    |

| 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  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  12m-5.30pm Playbacks Concert Group  6pm-9pm Nostalgia Singers Dining Room  Friday Activities  Time Activity Room  8.15am-9.15am Tai Chi Main Hall  9am-12pm Massage Therapy 9.30am-10.30am Aerobics Main Hall  10.45am-11.45am Chair Yoga Main Hall  11.30pm-3.50pm Bingo Main Hall  12.30pm-3.50pm Snooker Games Room  Playbacks Concert Group  6pm-9pm Nostalgia Singers Dining Room  Friday Activities  Time Activity Room  Main Hall  9am-12pm Mahjong Dry Craft Room  Main Hall  9am-12pm Massage Therapy By appointment Aerobics Main Hall  10.45am-11.45am Chair Yoga Main Hall  10.45am-11.45am Chair Yoga Main Hall  11.30pm-3.50pm Bingo Main Hall  New Vogue Dancing Beginners Lessons  New Vogue Dances alternate Fridays Main Hall  Main Hall  New Vogue Dances alternate Fridays Main Hall  Croquet Court Dining Room  7pm-9.30pm Sewing for Pleasure Croquet Court Dining Room  2.35 Line Dancing [Masolute Beginners - Beginners]  CJ's Line Dancing [Main Hall  Activity Room  Main Hall  Pam-11.30am Ukulele Playing Group  Croquet Court Dining Room  Activities  Time Activities  Time Activity Room  Activities  Time Activity Room  11am-12pm Main Hall  Rocky Micro Flyers  New Vogue Dances alternate Saturdays Main Hall  New Vogue Dances alternate Saturdays Main Hall  New Vogue Dances alternate Saturdays Main Hall  Rocky Micro Flyers  (Drones and Model Main Hall  Rocky Micro Flyers  (Drones and Model Main Hall  Rocky Micro Flyers  (Drones and Model Main Hall  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-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         Parkinson's Support - 2nd Thu of the month         Games Room           1pm-3pm         Parkinson's Support - 2nd Thu of the month         Dining Room           2pm-5.30pm         Playbacks Concert Group         Main Hall           6pm-9pm         Nostalgia Singers         Dining Room           Friday Activities         Room         Main Hall           8am-12pm         Crafty Friends         Wet Craft Room           8.15am-9.15am         Tai Chi         Main Hall           9am-12pm         Mahjong         Dry Craft Room           9am-12pm         Massage Therapy         By appointment           9.30am-10.30am         Aerobics         Main Hall           12.30pm-3.5pm         Snooker         Games Room           12.30pm-3.30pm         New V   |                 | Thursday Activities   |                       |
| 8am-2pm         Machine Embroidery         Wet Craft Room           8.45am-11.45am         Carpet Bowls [Social]         Main Hall           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           12.30pm-3.50pm         Parkinson's Support - 2nd Thu of the month         Dining Room           1pm-3pm         Parkinson's Support - 2nd Thu of the month         Dining Room           2pm-5.30pm         Parkinson's Support - 2nd Thu of the month         Dining Room           2pm-5.30pm         Parkinson's Support - 2nd Thu of the month         Dining Room           2pm-5.30pm         Nostalgia Singers         Dining Room           3pm-9pm         Nostalgia Singers         Dining Room           8 Time         Activity         Room           8 15am-9.15am         Tai Chi         Main Hall           9am-12pm         Massage Therapy         By appointment           9.30am-10.30am         Aerobics         Main Hall           12.30pm-3.50pm         Snooker         Games Room  |                 |                       |                       |
| 8.45am-11.45am         Carpet Bowls [Social]         Main Hall           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-9pm         Nostalgia Singers         Dining Room           Friday Activities           Time         Activity         Room           Room           8am-12pm         Mahingong         Dry Craft Room           9am-15am         Tai Chi         Main Hall           9am-15am         Main Group         By appointment           9am-12pm         Massage Therapy         By appointment           9am-10.30am         Aerobics         Main Hall           12.30pm-3.50pm         Bingo         Main Hall           5.30pm-6.30pm         New Vogue Dances alternate Fridays         Main Hall           New Vogue Dances alternate Fridays         Main Ha   |                 | -                     |                       |
| 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-9pm         Nostalgia Singers         Dining Room           Friday Activities           Time         Activity         Room           8 Activity         Room           8.15am-9.15am         Tai Chi         Main Hall           9am-12pm         Massage Therapy         By appointment           9.30am-15am         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 Dances - alternate Fridays         Main Hall           8ma-1pm         Se  | 8am-2pm         |                       |                       |
| 12pm-1pm Darts Games Room 12.15pm-3.30pm 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 2pm-5.30pm Playbacks Concert Group 6pm-9pm Nostalgia Singers Dining Room 6pm-9pm Nostalgia Singers Dining Room 7 Friday Activities 8 Friday Activities 9 Friday Activ | 8.45am-11.45am  | Carpet Bowls [Social] | 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         Parkinson's Support - 2nd Thu of the month         Dining Room           2pm-5.30pm         Parkinson's Support - 2nd Thu of the month         Dining Room           6pm-9pm         Nostalgia Singers         Dining Room           Friday Activities         Friday Activities           Time         Activity         Room           8.15am-9.15am         Tai Chi         Main Hall           9am-12pm         Mahjong         Dry Craft Room           9 am-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 Dances - alternate Fridays         Main Hall           5.30pm-6.30pm         Sewing for Pleasure         Croquet Court           Pam-9.30pm         Ukulele Playing Group  | 9am-12pm        | Golf Croquet          | Croquet Court         |
| 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-9pm         Nostalgia Singers         Dining Room           Friday Activities           Time         Activity         Room           8.15am-9.15am         Tai Chi         Main Hall           9am-12pm         Mahjong         Dry Craft Room           9am-12pm         Mahjong         Dry Craft Room           9am-12pm         Mahjong         Dry Craft Room           9am-12pm         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 Dances - alternate Fridays         Main Hall           5.30pm-6.30pm         Sewing for Pleasure         Croquet Court           6         CJ's Line Dancing [Improvers and Intermediate]         Main Hall   | 12pm-1pm        | Stretch and Strength  | Main Hall             |
| 12.30pm-3.50pm Snooker  1pm-3pm Parkinson's Support 2nd Thu of the month  2pm-5.30pm Playbacks Concert Group  6pm-9pm Nostalgia Singers Dining Room  Friday Activities  Time Activity Room  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  7pm-9.30pm New Vogue Dances alternate Fridays  Saturday Activities  Time Activity Room  8am-1pm Sewing for Pleasure Wet Craft Room  8.30am-10.30am Ukulele Playing Group  CJ's Line Dancing [Absolute Beginners - Beginners]  CJ's Line Dancing [Improvers and Intermediate]  11am-12pm Crygue Dances alternate Saturdays  Sunday Activities  Time Activity Room  Main Hall  | 12pm-3pm        | Darts                 | Games Room            |
| 1pm-3pm Parkinson's Support 2nd Thu of the month Playbacks Concert Group Nostalgia Singers Dining Room Friday Activities  Time Activity Room Main Hall Parkinson's Support 2nd Thu of the month Playbacks Concert Group Nostalgia Singers Dining Room Friday Activities  Time Activity Room Main Hall Parkinson's Main Hall Parkinson Parkinson Price Parkinso | 12.15pm-3.30pm  | Mahjong               | Dry Craft Room        |
| 2pm-5.30pm Playbacks Concert Group Dining Room Friday Activities  Time Activity Room Main Hall Playm Playbacks Concert Group Price Playm Playbacks Concert Group Playm Playbacks Concert Group Playbacks Price Playbacks Concert Group Playbacks Playbacks Concert Group Playbacks Playbacks Playbacks Concert Group Playbacks Playbacks Playbacks Playbacks Playbacks Playbacks Concert Group Playbacks Playb | 12.30pm-3.50pm  | Snooker               | Games Room            |
| Group  6pm-9pm  Nostalgia Singers  Friday Activities  Time  8am-12pm  8.15am-9.15am  9am-12pm  9am-2pm  Mahjong  9am-2pm  9.30am-10.30am  10.45am-11.45am  11.45am  12.30pm-3.50pm  7pm-9.30pm  Pam-12pm  Saturday Activities  Time  Activity  Room  Main Hall  10.45am-11.45am  10.45am-11.45am  10.45am-11.45am  Seginners Lessons  New Vogue Dancing Beginners Lessons  New Vogue Dances - alternate Fridays  Saturday Activities  Time  Activity  Room  Sam-12pm  Croquet  Croquet Court  Dining Room  and Games Room  CJ's Line Dancing [Absolute Beginners - Beginners]  CJ's Line Dancing [Improvers and Intermediate]  New Vogue Dances - alternate Saturday  Main Hall   | 1pm-3pm         |                       | Dining Room           |
| Time Activity Room  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 Reginners Lessons  7pm-9.30pm New Vogue Dancing Beginners Lessons  New Vogue Dances - alternate Fridays  Saturday Activities  Time Activity Room  8.30am-12pm Croquet Croquet Court  9am-11.30am Ukulele Playing Group  CJ's Line Dancing [Absolute Beginners - Beginners]  CJ's Line Dancing [Improvers and Intermediate]  New Vogue Dances - alternate Saturdays  Sunday Activities  Time Activity Room  Main Hall  Rocky Micro Flyers (Drones and Model Main Hall  | 2pm-5.30pm      |                       | Main Hall             |
| Time Activity Room  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 Reginners Lessons  7pm-9.30pm New Vogue Dancing Beginners Lessons  New Vogue Dances - alternate Fridays  Saturday Activities  Time Activity Room  8.30am-12pm Croquet Croquet Court  9am-11.30am Ukulele Playing Group  CJ's Line Dancing [Absolute Beginners - Beginners]  CJ's Line Dancing [Improvers and Intermediate]  New Vogue Dances - alternate Saturdays  Sunday Activities  Time Activity Room  Main Hall  Rocky Micro Flyers (Drones and Model Main Hall  | 6pm-9pm         | Nostalgia Singers     | Dining Room           |
| 8am-12pm   |                 | Friday Activities     |                       |
| 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 New Vogue Dances - alternate Fridays Saturday Activities Time Activity Room  8.30am-12pm Croquet Croquet Court 9am-11.30am Ukulele Playing Group  CJ's Line Dancing [Absolute Beginners - Beginners] CJ's Line Dancing [Improvers and Intermediate] New Vogue Dances - alternate Saturdays Sunday Activities  Time Activity Room  Main Hall  | Time            | Activity              | Room                  |
| 9am-12pm Mahjong By appointment 9am-2pm Massage Therapy 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 Beginners Lessons New Vogue Dancing Beginners Lessons New Vogue Dances - alternate Fridays Saturday Activities  Time Activity Room  8.30am-12pm Croquet Croquet Court  9am-11.30am Ukulele Playing Group  CJ's Line Dancing [Absolute Beginners - Beginners] CJ's Line Dancing [Improvers and Intermediate]  7pm-9.30pm Alin Hall  7pm-9.30pm New Vogue Dances - alternate Saturdays Sunday Activities  Time Activity Room  Main Hall  New Vogue Dances - alternate Saturdays  Sunday Activities  Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social]  Main Hall  Rocky Micro Flyers (Drones and Model Main Hall   | 8am-12pm        | Crafty Friends        | Wet Craft Room        |
| 9am-2pm Massage Therapy 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 Beginners Lessons New Vogue Dancing Beginners Lessons Main Hall New Vogue Dances - alternate Fridays Saturday Activities Time Activity Room 8.30am-12pm Croquet Croquet Court 9am-11.30am Ukulele Playing Group 9.30am-10.30am CJ's Line Dancing [Absolute Beginners - Beginners] CJ's Line Dancing [Improvers and Intermediate] New Vogue Dances - alternate Saturdays Sunday Activities Time Activity Room Main Hall Main Hall  New Vogue Dances - alternate Saturdays Sunday Activities Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social] Rocky Micro Flyers (Drones and Model Main Hall   | 8.15am-9.15am   | Tai Chi               | Main Hall             |
| 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 Reginners Lessons Main Hall 5.30pm-9.30pm New Vogue Dancing Beginners Lessons Main Hall  Tpm-9.30pm New Vogue Dances alternate Fridays  Saturday Activities  Time Activity Room  8.30am-1pm Sewing for Pleasure Croquet Court  9am-11.30am Ukulele Playing Group Croquet Court  Dining Room and Games Room  CJ's Line Dancing [Absolute Beginners - Beginners]  CJ's Line Dancing [Improvers and Intermediate]  New Vogue Dances alternate Saturdays  Sunday Activities  Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social] Main Hall  Rocky Micro Flyers (Drones and Model Main Hall  | 9am-12pm        | Mahjong               | Dry Craft Room        |
| 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 Reginners Lessons Main Hall 5.30pm-9.30pm New Vogue Dancing Beginners Lessons Main Hall  Tpm-9.30pm New Vogue Dances alternate Fridays  Saturday Activities  Time Activity Room  8.30am-1pm Sewing for Pleasure Croquet Court  9am-11.30am Ukulele Playing Group Croquet Court  Dining Room and Games Room  CJ's Line Dancing [Absolute Beginners - Beginners]  CJ's Line Dancing [Improvers and Intermediate]  New Vogue Dances alternate Saturdays  Sunday Activities  Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social] Main Hall  Rocky Micro Flyers (Drones and Model Main Hall  | 9am-2pm         | Massage Therapy       | By appointment        |
| 12.30pm-3.50pm Bingo Main Hall  5.30pm-6.30pm Beginners Lessons Main Hall  7pm-9.30pm New Vogue Dances - alternate Fridays  Saturday Activities  Time Activity Room  8.30am-12pm Croquet Court  9am-11.30am Ukulele Playing Group  CJ's Line Dancing [Absolute Beginners - Beginners]  11am-12pm [Improvers and Intermediate]  7pm-9.30pm New Vogue Dances - alternate Saturdays  Sunday Activities  Time Activity Room  Main Hall  Main Hall  Main Hall  Main Hall  Main Hall  Main Hall  Rocky Micro Flyers (Drones and Model  Main Hall  Rocky Micro Flyers  (Drones and Model  Main Hall  Main Hall  | ·               |                       |                       |
| 12.30pm-3.50pm Bingo Main Hall  5.30pm-6.30pm Beginners Lessons Main Hall  7pm-9.30pm New Vogue Dances - alternate Fridays  Saturday Activities  Time Activity Room  8.30am-12pm Croquet Court  9am-11.30am Ukulele Playing Group  CJ's Line Dancing [Absolute Beginners - Beginners]  11am-12pm [Improvers and Intermediate]  7pm-9.30pm New Vogue Dances - alternate Saturdays  Sunday Activities  Time Activity Room  Main Hall  Main Hall  Main Hall  Main Hall  Main Hall  Main Hall  Rocky Micro Flyers (Drones and Model  Main Hall  Rocky Micro Flyers  (Drones and Model  Main Hall  Main Hall  | 10.45am-11.45am | Chair Yoga            | Main Hall             |
| 1pm-3.45pmBingoMain Hall5.30pm-6.30pmNew Vogue Dancing<br>Beginners LessonsMain Hall7pm-9.30pmNew Vogue Dances -<br>alternate FridaysMain HallSaturday ActivitiesTimeActivityRoom8am-1pmSewing for PleasureWet Craft Room8.30am-12pmCroquetCroquet Court9am-11.30amUkulele Playing GroupDining Room<br>and Games<br>Room9.30am-10.30amCJ's Line Dancing<br>[Absolute Beginners -<br>Beginners]Main Hall11am-12pmCJ's Line Dancing<br>[Improvers and<br>Intermediate]Main Hall7pm-9.30pmNew Vogue Dances -<br>alternate SaturdaysMain HallSunday ActivitiesRoom12.30pm-3.30pmCarpet Bowls [Social]<br>Rocky Micro Flyers<br>(Drones and ModelMain Hall  | 12.30pm-3.50pm  | <del>-</del>          | Games Room            |
| 5.30pm-6.30pm  |                 | Bingo                 | Main Hall             |
| Time Sewing for Pleasure Wet Craft Room  8am-1pm Sewing for Pleasure Croquet Court  9am-11.30am Ukulele Playing Group  CJ's Line Dancing [Absolute Beginners - Beginners]  11am-12pm [Improvers and Intermediate]  7pm-9.30pm New Vogue Dances - alternate Saturdays  Time Activity Room  Main Hall  Main Hall  Main Hall  Main Hall  Rocky Micro Flyers  (Drones and Model  Main Hall  Main Hall  Main Hall  Main Hall  |                 | New Vogue Dancing     |                       |
| Time Sewing for Pleasure Wet Craft Room 8.30am-12pm Croquet Croquet Court  9am-11.30am Ukulele Playing Group Dining Room and Games Room  CJ's Line Dancing [Absolute Beginners - Beginners] CJ's Line Dancing [Improvers and Intermediate]  7pm-9.30pm New Vogue Dances - alternate Saturdays  Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social]  Rocky Micro Flyers (Drones and Model Main Hall  | 7pm-9.30pm      | New Vogue Dances -    | Main Hall             |
| TimeActivityRoom8am-1pmSewing for PleasureWet Craft Room8.30am-12pmCroquetCroquet Court9am-11.30amUkulele Playing GroupDining Room and Games Room9.30am-10.30amCJ's Line Dancing [Absolute Beginners - Beginners]Main Hall11am-12pmCJ's Line Dancing [Improvers and Intermediate]Main Hall7pm-9.30pmNew Vogue Dances - alternate SaturdaysMain HallTimeActivityRoom12.30pm-3.30pmCarpet Bowls [Social]Main HallRocky Micro Flyers<br>(Drones and ModelMain Hall  |                 |                       |                       |
| 8am-1pm Sewing for Pleasure Croquet Court 8.30am-12pm Croquet Croquet Court  9am-11.30am Ukulele Playing Group and Games Room  9.30am-10.30am CJ's Line Dancing [Absolute Beginners - Beginners]  11am-12pm [Improvers and Intermediate]  7pm-9.30pm New Vogue Dances - alternate Saturdays  Sunday Activities  Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social] Main Hall  Rocky Micro Flyers (Drones and Model Main Hall   | Time            |                       | 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]  11am-12pm [Improvers and Intermediate]  7pm-9.30pm New Vogue Dances - alternate Saturdays  Sunday Activities  Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social] Main Hall  Rocky Micro Flyers (Drones and Model Main Hall   |                 |                       |                       |
| 9am-11.30am  Ukulele Playing Group  CJ's Line Dancing [Absolute Beginners - Beginners]  CJ's Line Dancing [Improvers and Intermediate]  New Vogue Dances - alternate Saturdays  Time  Activity  Room  12.30pm-3.30pm  Ukulele Playing Group  CJ's Line Dancing [Improvers and Intermediate]  New Vogue Dances - alternate Saturdays  Sunday Activities  Room  Rocky Micro Flyers (Drones and Model  Dining Room and Games Room  Main Hall  Room Main Hall  Rocky Micro Flyers (Drones and Model  Main Hall   | •               | _                     |                       |
| 9.30am-10.30am [Absolute Beginners - Beginners]  CJ's Line Dancing [Improvers and Intermediate]  7pm-9.30pm New Vogue Dances - alternate Saturdays  Sunday Activities  Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social] Main Hall  Rocky Micro Flyers 6pm-8pm (Drones and Model Main Hall  |                 |                       | Dining Room and Games |
| 11am-12pm [Improvers and Intermediate]  7pm-9.30pm New Vogue Dances - alternate Saturdays  Sunday Activities  Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social] Main Hall  Rocky Micro Flyers 6pm-8pm (Drones and Model Main Hall   | 9.30am-10.30am  | [Absolute Beginners - | Main Hall             |
| alternate Saturdays  Sunday Activities  Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social] Main Hall  Rocky Micro Flyers 6pm-8pm (Drones and Model Main Hall   | 11am-12pm       | [Improvers and        | Main Hall             |
| Time Activity Room  12.30pm-3.30pm Carpet Bowls [Social] Main Hall  Rocky Micro Flyers 6pm-8pm (Drones and Model Main Hall   | 7pm-9.30pm      | alternate Saturdays   | Main Hall             |
| 12.30pm-3.30pm Carpet Bowls [Social] Main Hall  Rocky Micro Flyers 6pm-8pm (Drones and Model Main Hall   | Time            |                       | Danie                 |
| Rocky Micro Flyers 6pm-8pm (Drones and Model Main Hall   |                 |                       |                       |
| 6pm-8pm (Drones and Model Main Hall  | 12.30pm-3.30pm  |                       | Main Hall             |
|  | 6pm-8pm         | (Drones and Model     | Main Hall             |

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































