

What's on at the Autumn Centre

Monday Activities		
Time	Activity	Room
8am-9am	Chi Ball	Main Hall
8am-12pm	Painting for Pleasure	Wet Craft Room
8.15am-9.30am	Weight Busters	Dry Craft Room
9.30am-11.30am	New Vogue Dances	Main Hall
9.30am-12.30pm	Pool	Games Room
9.45am-12pm	Crochet/Knitting	Dry Craft Room
11.45am-1.15pm	Yoga	Main Hall
12.30pm-3.50pm	Snooker	Games Room
1pm-3.30pm	China Painting	Wet Craft 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
4pm-5pm	Tai Chi [Level 2]	Main Hall
6pm-9pm	Table Tennis [Social]	Main Hall

For special events, please check the notice board located opposite the Admin Office.
For any questions please see staff.

