

What's on at the Autumn Centre

Tuesday Activities		
Time	Activity	Room
8am-9am	Core Flow	Main Hall
8.30am-12pm	Scrapbooking	Wet Craft Room
9am-10am	Meditation [Beginners]	Technology 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
10.45am-11.45am	Functional Movement	Main Hall
12pm-3pm	Backgammon	Foyer
12pm-3.30pm	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
1pm-2pm	Travel Buddies - alternate Tuesdays	Dry Craft Room
1pm-3pm	Singing	Dining Room
4pm-5pm	Fitness for Fun	Main Hall

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

