

What's on Weekly 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 |
| 8.30am-2.40pm | Podiatry - alternate Mondays | By appointment |
| 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 [Beginners] | 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-10am | Meditation [Beginners] | Technology Room |
| 9am-12pm | Golf Croquet | Croquet Court |
| 9am-12pm | Mahjong | Dry Craft Room |
| 9am-3pm | Bowen Therapy | By appointment |
| 9.30am-10.30am | Boxercise | Main Hall |
| 10am-12pm | iPad Workshops | Games Room |
| 10.45am-11.45am | 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 |
| 1pm-3pm | Singing | Dining Room |
| 1pm-3pm | Travel Buddies - alternate Tuesdays | Dry Craft Room |
| 4.30pm-6pm | Fitness for Fun | Main Hall |
| 7pm-9.45pm | Ballroom Dancing | Main Hall |

Wednesday Activities

| Time | Activity | Room |
|----------------|----------------------------------|-----------------|
| 7.15am-8.15am | Tai Chi [Advanced] | Main Hall |
| 8am-12pm | Card Making | Wet Craft Room |
| 8.30am-12pm | Carpet Bowls [Social] | Main Hall |
| 8.30am-12pm | Croquet | Croquet Court |
| 9am-10am | Meditation [Intermediate] | Technology Room |
| 9am-12pm | Crochet/Patchwork | Dry Craft Room |
| 9am-12pm | Table Tennis [Social] | Hillman Hall |
| 9.30am-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 Room |
| 1pm-3pm | Friendship Group | Dry Craft Room |
| 4pm-5.30pm | Table Tennis [Intense] | Main Hall |
| 6pm-7.30pm | Yoga | Main Hall |

Thursday Activities

| 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 |
| 9am-11.30am | Mexican Trains Game | Games Room |
| 9am-12pm | Golf Croquet | Croquet Court |
| 11.30am-3.50pm | Snooker | Games Room |
| 12pm-1pm | Stretch and Strength | Main Hall |
| 12pm-3pm | Darts | Games Room |
| 12.15pm-3.30pm | Mahjong | Dry Craft Room |
| 1pm-3pm | Parkinson's Support - 2nd Thu of the month | Dining Room |
| 2pm-5.30pm | Playbacks Concert Group | Main Hall |
| 6pm-8pm | CJ's Line Dancing [Absolute Beginners - Beginners] | Main Hall |
| 6pm-9pm | Nostalgia Singers | Dining Room |

Friday Activities

| Time | Activity | Room |
|-----------------|--------------------------------------|----------------|
| 7.30am-8.15am | Qi Gong | Main Hall |
| 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 |
| 11.30am-3.50pm | Snooker | Games Room |
| 12.30pm-2.30pm | Writers Group | Dry Craft Room |
| 1pm-3.45pm | Bingo | Main Hall |
| 5.30pm-6.30pm | New Vogue Dancing Beginners Lessons | Main Hall |
| 7pm-9.30pm | New Vogue Dances - alternate Fridays | Main Hall |

Saturday Activities

| Time | Activity | Room |
|----------------|--|----------------------------|
| 8am-1pm | Sewing for Pleasure | Wet Craft 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] | Main Hall |
| 11am-12pm | CJ's Line Dancing [Improvers and Intermediate] | Main Hall |
| 7pm-9.30pm | New Vogue Dances - alternate Saturdays | Main Hall |

Sunday Activities

| Time | Activity | Room |
|----------------|--|-----------|
| 12.30pm-3.30pm | 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

