

Friday Activities

What's On

Times	Activity	Room
8.30am – 12noon	Crafty Friends	Wet Craft Room
9.30am – 10.30am	Fit For Life General Exercise	Main Hall
9.30am – 4pm	Massage with Jen	Allied Health Room
10.45am – 11.45am	Fit For Life Gentle Exercise	Main Hall
12.30pm – 4pm	Pool/Snooker	Games Room
1pm – 3pm	Line Dance Urban Cowboys	Main Hall
1pm – 3pm	Hardanger Embroidery	Dry Craft Room
1pm – 4pm	Bingo	Dining Room
7pm – 10pm Alternate Fridays see noticeboard	New Vogue Dance	Main Hall

**For Special Events, please check the notice board located
opposite the Admin Office**

For any questions please see staff