

Monday Activities

What's On

Times	Activity	Room
7.30am – 8.30am	Chi Ball	Main Hall
8.15am – 9.45am	Weight Busters	Dry Craft Room
8.30am – 11.30am	Darts	Games Room
8.30am – 4pm Alt. Mondays (see staff)	Podiatry Services	Allied Health Room
9am – 11am	Painting for Pleasure	Wet Craft Room
9.30am – 11.30am	New Vogue Dance	Main Hall
9.45am – 12.00pm	Crochet/Knitting	Dry Craft Room
11.45am – 1.15pm	Yoga	Main Hall
1pm – 4pm	China Painting	Wet Craft Room
1pm – 4pm	Bingo	Dining Room
1pm – 3pm	Android Workshop	Technology Room
1.30pm – 2.30pm	Gentle Yoga	Main Hall
1.00pm – 4pm	Advanced Table Tennis	Games Room
6.30pm – 9pm	Social Table Tennis	Main Hall

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

For any questions please see staff



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