

What's On Weekly

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

Thursday Activities		
Times	Activity	Room
8.30am – 3.30pm	Machine Embroidery	Wet Craft
8.30am – 12noon	Adv. Table Tennis	Games Room
9am – 12noon	Social Carpet Bowls	Main Hall
10am – 12noon	Cancer Support Group	Dry Craft
12noon – 1pm	Chi Ball	Main Hall
12noon – 3pm	Mahjong	Dry Craft
12.30pm – 4pm	Pool/Snooker	Games Room
1pm – 3pm	MACS Music at the Autumn Centre	Dining Room
1pm – 3pm 2 nd Thurs of Month	Parkinson's Support	Dining Room
2pm – 5pm	Playbacks Rehearsals	Main Hall
6pm – 9pm	Nostalgia/Tivoli	Main Hall

Tuesday Activities		
Times	Activity	Room
8am – 9am	Pilates	Main Hall
9am – 4pm Alt. Tuesdays	Kinesiology with Nat	Allied Health
9.15am – 11.45am	Mahjong	Dry Craft
9.30am – 10.30am	Aerobics	Main Hall
10am – 12noon	iPad Workshops	Games Room
10am – 12noon	Scrabble	Foyer
10.45am – 11.45am	Functional Movement	Main Hall
12noon – 4pm	Pool/Snooker	Games Room
12.30pm – 4pm	Social Table Tennis	Main Hall
1pm – 3.30pm	Singing for Love Choir	Dining Room
6.30pm – 10pm	Ballroom Dancing	Main Hall

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

Wednesday Activities		
Times	Activity	Room
8.30am – 12noon	Card Making	Wet Craft
8.30am – 12noon	Social Table Tennis	Croquet Lawn
8.30am – 4pm	Social Carpet Bowls	Dry Craft
8.45am – 12noon	Croquet	Games Room
9am – 12noon	Patchwork Quilting	Main Hall
9am start Summer Months	Walk 'n' Talks	Alfresco
9.30am start Winter Months	Walking Group	Dining Room
9am – 12.30pm	Tiana's Beauty	Allied Health
12.30pm – 3pm	Mosaics	Wet Craft
12.30pm – 4pm	Pool/Snooker	Games Room
1.30pm – 4pm 2 nd Wed of Month	Alzheimer's Support	Dry Craft
4pm – 6.15pm	Tivoli/Nostalgia	Games Room
6pm – 7.30pm Members Only	Yoga	Main Hall

Saturday Activities		
Times	Activity	Room
8.45am – 12noon	Croquet	Croquet Lawn
9am -12noon	Ukulele Beginners	Wet Craft
9am – 12noon	Ukulele Advanced	Games Room
9.30am – 12noon	New Vogue Line Dance	Main Hall
7.30pm – 10pm Alt. Saturdays	New Vogue Dance	Main Hall

Sunday Activities		
Times	Activity	Room
1pm – 3.30pm	Indoor Carpet Bowls	Main Hall
6pm – 10pm	Rocky Micro Flyers (drones & model aircraft)	Main Hall

Autumn Centre Business Hours Monday – Friday

Centre Hours:
7.15am – 4.30pm

Office Hours:
8.30am – 3.45pm