

Tuesday Activities

What's On

Times	Activity	Room
8am – 9am	Pilates	Main Hall
9am – 4pm Alt. Tuesdays (see staff)	Kinesiology with Nat	Allied Health Room
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/Darts	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

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

For any questions please see staff