

Activities Timetable

Monday

10.30 am - 12.00 pm	Knitting Session – Beginners welcome
10.30 am - 4.00 pm	Computer Access
11.15 pm - 12.15 pm	Seated Exercise
1.00 pm – 2.00pm	Tai Chi Exercise
2.30 pm – 3.00 pm	Mini Monday Bingo

Tuesday

10.30 am - 4.00 pm	Computer access
11.00am – 12.00 pm	Yoga
2.00pm – 4.00pm	Movie Moment

Wednesday

9.00 am -10.00 am	Swimming Darwin Court
10.30 am – 11.30 am	Rambert Dancing
10.30 am - 11.30 pm	In house Pool game
2.00 pm – 4.00pm	Hoy card game
10.30 am – 4.00pm	Computer access

Thursday

10.30 am – 4.00 pm	Computer access
10.30 am – 4.00pm	Hairdressers – Appointment only
11.00 am – 12.00 pm	Aerobic Exercise – for the more active person
2.30 pm – 4.00pm pm	Bingo and Raffle

Friday

10.00 am – 11.30 pm	Knitting session
11.30 am – 12.30 pm	Seated Exercise
10.30 am – 4.00pm	Computer access
2.00 pm – 4.00pm	Bingo

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