

Tuesday

Friday

Exercise Class

9.30am - 10.30am

£6

Rhythmic continuous movements which exercise large muscle groups. All fitness levels, including sitting down

Art & Craft Group

9.30am - 12pm

£1

A social group for all abilities (members bring their own equipment)

Coffee Morning

10.30am - 11.30am

Cost of refreshments only

Come and enjoy a cup of coffee / tea and make new friends

Coffee Morning

10.30am - 12pm

Cost of refreshments only

Sociable get together

Chiropody

By appointment only

Cost Varies or £35 for members of Social Centres or £40 non-members

Fish & Chips Lunch

12pm - 2pm

Purchase price + £1

Brought in from Regan's Fish Bar

Ear Clinic

By appointment only

£15 plus cost of treatment (if required)

30 minute ear & hearing check-up

Table Tennis

2pm - 4pm

£2 (tea/coffee included)

Alternate Friday afternoons. All levels welcome

Bingo

1pm - 3pm

£1 plus cost of the books

Join us for a fun game of Bingo

Social Afternoons

2pm - 4pm

Activities individually charged

Special events e.g. Quiz, Cream teas and other cultural celebrations.

Reflexology, Head Massage

By appointment only

£30 for 30 minutes

Hairdressing

Appointments from 10am

Price depends on treatment

Homemade lunches

£6 for two courses