

# AGE UK RESPECTABILITY GROUPS

DAY	AM	COST	PM	COST
MONDAY	YOGA 10-12 THE SHED 10-12 PAINTING & PREP/SHED 10-12	£4 £3 £3	LINE DANCING 12-13.30 TAI CHI 14.00-15.00 THE SHED 13-15.00 BOARD GAMES 13.00-15.00	£3 £4 £3 £2
TUESDAY	CRAFT & KNITTING 10-12 MENS COOKING 10-12 <b>(FULL)</b> COMPUTERS/ I.T 10-12 <b>(FULL)</b> THE SHED 10-12	£3 £3 £2 £3	INDOOR BOWLING 12-13.30 INDOOR BOWLING 13.30-15-00 <b>(FULL)</b> CRAFT & CARD MAKING 13-15pm <b>(FULL)</b> COMPUTERS/ I.T 13-15.00 LETS BAKE 13-15.00 THE SHED	£3 £3 £3 £2 £3 £3
WEDNESDAY	AEROBICS 9.15-9.45am starts 6 <sup>th</sup> March PILATES 10-11.00 THE SHED 10-12.00 MENS SOCIAL IN THE SHED(tea, biscuits and chat or play Dom and cards)	£4 £4 £3 £1	THE SHED 13-15.00 INDOOR BOWLING 13-15.00 ORIENTAL COOKING 1-3pm CRAFT & CARDMAKING 1-3pm	£3 £3 £3 £3
THURSDAY	SOCIAL AND EXERCISE GROUP 10-12.00 CRAFT & CARDMAKING 10-12.00 <b>(FULL)</b> THE SHED 10-12.00 PAINTING & PREP/ SHED 10-12.00 COMPUTERS/I.T 10-12.00	£3 £3 £3 £3 £2 £4	SOCIAL WITH BINGO 13-15.00 CRAFT & CARDMAKING 13-15.00 <b>(FULL)</b> THE SHED 13-15.00 PAINTING & PREP/SHED 13-15.00 COMPUTERS/I.T MENS COOKING GROUP 13-15.00	£2 £3 £3 £3 £2 £3
FRIDAY	SOCIAL GROUP 10-12.00 THE SHED 10-12.00 PAINTING & PREP/SHED 10-12.00	£2 £3 £3	SOCIAL & EXERCISE GROUP 12.30-15.00 THE SHED 1-3pm ART 12.30-2.30	£3 £3 £3

Please call 831425 and ask for Jackie or Sharon to book or have any queries