

October at the Marie Lloyd Centre



Monday



12 - 1pm	Dance	Free/£3
2:30 - 3:30pm	Chi Kung	Free/£3



Tuesday



10am - 12pm	Digital Drop In	Free
11am - 12pm	Strength and Balance	Free/£3
12pm - 1:30pm	Lunch Club	£5.50 / £4.50 (members)
12:30 - 1:30pm	Beginners Pilates	Free/£3
3:30 - 4:40pm	Feldenkrais	Free/£3



Wednesday



10am - 4pm	Carers Advice Line	Free
10am - 1pm	Carers Advice Drop in	Free/£3
12pm - 1:30pm	Lunch Club	£5.50 / £4.50 (members)
1 - 2pm	Chair-based Exercise	Free/£3
1:30 - 3:00pm	Bingo	Free

If you would like more information on any of the activities please check out our booklet or speak with Reception.

All exercise activities are designed to be accessible and accommodate all abilities.



Thursday



10:30 - 11:30	Chair-based Exercise	Free
11am - 1pm	Art Club	Free
12pm - 1:30pm	Lunch Club	£5.50 / £4.50 (members)
12:30 - 1:30pm	Intermediate Pilates	Free
1:30 - 2:30pm	Stretch & Coordination	Free

Friday

10am - 11pm	Tai Chi Class	£2
10am - 12pm	Garden Group	Free



Special Events



6th October 11am - 2pm	Foot Clinic (Appointment Only)	£20
14 th October All Day	Financial Planning Meeting for Carers	
16 th October 10:30am - 2pm	Hate Crime Awareness Day	Free
23 rd October 1:30pm-2:30pm	Friday Forum	Free
28 th October All Day	Black History Month Party	£6 for lunch
29 th October 2pm - 4:30pm	Older People's Reference Group	Free
30 th October 1pm - 4pm	Fabulous Flamingo Club	£3

