ACTIVITY SCHEDULE IN THE HYTHE CENTRE

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|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM  10.45 TO 12 | EXERCISE TO MUSIC  READING/DISCUSSION GROUP | MEN IN SHEDS  ART GROUP  COMPUTER TRAINING  SINGING 4 FUN  (Last Tue month) | CHAIROBICS  WALKING GROUP  COMPUTER TRAINING  COMMUNION  (1st Wed month) | COOKERY  CARD MAKING | CRAFT GROUP  (1st Tue month)  OUTING GROUP  (Starts at 10.30)  MEN IN SHEDS |
| PM  1.30 TO 2.30 | ART FOR BEGINNERS  13.30-15.30 | REMINISENCE  (8 week program starts January)  TAI – CHI  2.00-3.00PM | CONVERSATIONAL GRP  KNIT & KNATTER | BINGO  SEWING GROUP  UKULELE GROUP | COMMUNITY CAPTAINS  (Term time only)  MUSICAL BINGO  (School holidays)  SCRABBLE AND CARDS |

**Activities are subject to change and at short notice, please phone first or ask at reception for any changes.** Other activities are also available at all other times to suit those in attendance, these include: quizzes, group crosswords, wobbly knockers, musical bingo, cookery, scrabble & board games.

 **LYMINGE CENTRE**

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|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM  10.45 TO 12 | BOOK GROUP  COOKERY  TAI CHI | ART GROUP  CHAIROBICS | SINGING FOR HEALTH  (Term time only) | RELAXATION  COMMUNION  (1st Thur month)  COMPUTER TRAINING | SEATED EXCERCISE  WALKING GROUP  (Starts at 10.30) |
| PM  1.30 TO 2.30 | GROUP ACTIVITY  (varied daily) | GROUP ACTIVITY  (varied daily) | GROUP ACTIVITY  (varied daily) | GROUP ACTIVITY  (varied daily) | GROUP ACTIVITY  (varied daily)  TEAM QUIZ  (Last Fri month)  UKULELE GROUP |

**Walking Group.** Transport is provided to a location where an hour’s walk is undertaken, return by 12.30 for lunch

**Book Group**, opportunity to read aloud to others (optional) and discuss the book after reading with others

**Relaxation Group.** Session covering aromatherapy, breathing techniques and meditation.

Afternoon activities are varied daily and include Bingo, Musical Bingo, Scrabble, Cards, Countdown, Singing Group. Other activities are also available at all other times to suit those in attendance, these include: quizzes, group crosswords, wobbly knockers, musical bingo, cookery, scrabble & board games,