ACTIVITY SCHEDULE IN THE HYTHE CENTRE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM10.45 TO 12 | EXERCISE TO MUSICREADING/DISCUSSION GROUP | MEN IN SHEDSART GROUPCOMPUTER TRAININGSINGING 4 FUN(Last Tue month) | CHAIROBICSWALKING GROUPCOMPUTER TRAININGCOMMUNION(1st Wed month) | COOKERYCARD MAKING | CRAFT GROUP(1st Tue month)OUTING GROUP(Starts at 10.30)MEN IN SHEDS |
| PM1.30 TO 2.30 | ART FOR BEGINNERS13.30-15.30 | REMINISENCE(8 week program starts January)TAI – CHI2.00-3.00PM | CONVERSATIONAL GRPKNIT & KNATTER | BINGOSEWING GROUPUKULELE 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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM10.45 TO 12 |  BOOK GROUPCOOKERYTAI CHI | ART GROUPCHAIROBICS | SINGING FOR HEALTH(Term time only) | RELAXATIONCOMMUNION(1st Thur month)COMPUTER TRAINING | SEATED EXCERCISEWALKING GROUP(Starts at 10.30) |
| PM1.30 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,