

Hythe centre activity schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 10.45 TO 12	<ul style="list-style-type: none"> •Exercise to music 	<ul style="list-style-type: none"> •Men in sheds •Computer training •Singing for fun 	<ul style="list-style-type: none"> •Chairbics •Walking group •Computer training •Communion (1st Wednesday of the month) 	<ul style="list-style-type: none"> •Cookery •Card making 	<ul style="list-style-type: none"> •Men in sheds
PM 1.30 TO 2.30	<ul style="list-style-type: none"> •Bingo 	<ul style="list-style-type: none"> •Reminiscence (8 week program) •Tai - Chi 2.00-3.00pm 	<ul style="list-style-type: none"> • Conversational group, •Knit and knatter 	<ul style="list-style-type: none"> •Singing •Sewing group •Ukulele group 	<ul style="list-style-type: none"> •Bingo

Activities are subject to change 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 and board games.

Lyminge centre activity schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 10.45 TO 12	<ul style="list-style-type: none"> •Quiz •Cooking 	<ul style="list-style-type: none"> •Reminiscence 	<ul style="list-style-type: none"> •Singing for health 	<ul style="list-style-type: none"> •Craft •Communion 1st Thursday of each month 	<ul style="list-style-type: none"> •Chair exercises •Hangman
PM 1.30 TO 2.30	<ul style="list-style-type: none"> •Musical Bingo 	<ul style="list-style-type: none"> •Catergories/ Scattergories 	<ul style="list-style-type: none"> •Bingo 	<ul style="list-style-type: none"> •Knit and natter •Board games 	<ul style="list-style-type: none"> •Sue's sing along

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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 and board games.