

### Mondays

|                  |                                              |
|------------------|----------------------------------------------|
| 10.00 - 11.00 am | Line Dancing*                                |
| 12.00 - 4.00pm   | Knitting<br>(Beginners welcome)              |
| 11.15-12.15pm    | Seated Exercise*                             |
| 1.30 - 2.30 pm   | Cards                                        |
| 1.30 - 4pm       | Hubble Bubble                                |
| 4.00 - 6.00pm    | Tech Afternoon (last<br>Monday of the month) |

### Tuesday

|                  |                              |
|------------------|------------------------------|
| 11.30-2.00pm     | Reflexologist*               |
| 10.30 - 12.00 pm | Craft Session<br>Board Games |
| 10.30 - 11.30 am | Yoga                         |
| 2.00 - 4.00 pm   | Film Afternoon               |
| 2.00- 4.00 pm    | Bingo*                       |
| 1.30 - 4.00 pm   | Computer Access              |

\* Please note that these activities and services have a charge

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### Wednesday

|                  |                              |
|------------------|------------------------------|
| 10.30 - 12.00 pm | Arts & Crafts                |
| 11.00 - 12.00pm  | Strength &<br>Balance*       |
| 1.30 - 2.30 pm   | Zumba Gold *                 |
| 1.30 - 4.00 pm   | UpCycle You<br>Women's Group |
| 1.30- 4.00pm     | Table Tennis                 |
| 1.30 - 3.00pm    | Taspestry                    |

### Thursday

|                 |                     |
|-----------------|---------------------|
| 10am-2pm        | Manicure & Massage* |
| 10.30- 4.00 pm  | Computer Access     |
| 10.30 - 4.00 pm | Hairdresser**       |
| 11 - 12.00 pm   | Exercise Session *  |
| 2.30 - 4.00 pm  | Bingo/Raffle*       |

### Friday

|                     |              |
|---------------------|--------------|
| 11.00 - 12.00 pm    | Seated Zumba |
| 11.00 am - 12.00 pm | Quiz         |
| 2.30 - 4.00 pm      | Bingo        |

