Healthy Living & Learning Service

Our ethos is to make later life fun and fulfilling by building new friendships through shared activities, conversations and laughter as all of these have benefits for your overall improved wellbeing.

Discovering your hidden and forgotten skills and will have you feeling good about yourself.

Here at the Healthy Living and Learning Centre you will be inspired to enjoy later life.”
### Mondays
- **10.00 - 11.00 am**: Line Dancing*
- **12.00 - 16.00 pm**: Knitting (Beginners welcome)
- **10.30 - 4 pm**: Computer access
- **11.15 - 12.15 pm**: Seated Exercise*
- **1.30 - 2.30 pm**: Card Games
- **2.00 - 3.30 pm**: Bingo

### Tuesday
- **11.30 - 2.00 pm**: Reflexologist*
- **10.30 - 12.00 pm**: Craft Session
  - this activity takes place at our Stones End Location
  - Please enquire as to the location of this group
- **10.30 - 11.30 am**: Yoga
- **2.00 - 4.00 pm**: Film Afternoon
- **1.30 - 4.00 pm**: Computer Access

* Please note that these activities and services have a charge

^ this activity takes place at our Stones End Location

^^ Please enquire as to the location of this group

### Wednesday
- **10.30 - 12.00 pm**: Arts & Crafts
- **11.00 - 12.00 pm**: Chair Football
- **1.30 - 2.30 pm**: Zumba Gold*
- **1.30 - 4.00 pm**: UpCycle You
  - Women’s Group
- **1.30 - 3.00 pm**: Craft
- **3.30 - 7.00 pm**: Fula (Latin American Future Group) ^

### Thursday
- **10.00 - 2 pm**: Manicure & Massage*
- **10.30 - 4.00 pm**: Computer Access
- **10.30 - 4.00 pm**: Hairdresser**
- **11 - 12.00 pm**: Seated Pilates *
- **2.30 - 4.00 pm**: Bingo/Raffle*

### Friday
- **11.00 - 12.00 pm**: Exercise*
- **11.00 - 5.00 pm**: Menders Club^*
- **11.00 am - 12.00 pm**: Quiz
- **2.30 - 4.00 pm**: Bingo/Raffle*
- **1.30 - 4.00 pm**: Pool/Table Tennis
- **3.30 - 5.30 pm**: Fula (Latin American Future Group) ^

### Saturday
- **11.00—5.00 pm**: Menders Club^*

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