

Weekly Activities

All enquires about courses and activities should be directed initially to the animator (see contact names and phone numbers overleaf). If the animator is unavailable, please phone the office at 7186 0123

Mon		
Time am	Activity	Venue
9.00-1.00	Music Tuition	MR
9.30-11.30	French—Advanced	CR/L
10.15-11.00	Movement To Music	EXT
10.00-12.00	Art/Oils-Intermediate	AR
10.30-12.30	Internet & Email I	CS
11.00-12.00	Tai Chi	EXT
11.30-1.30	French - Intern	CR/L
Time pm		
12.30-2.30	Art/Oils—Intermediate	AR
1.00-3.00	C M Lace/Crochet	BR
2.00-3.00	Line Dancing Beg.	EXT
2.00-4.00	French - Beginners	CR/L
2.00-open	All Walks	Var
7.30-10.30	Bridge Competition	EXT

Library open each day 9.30—4.00

Tues		
Time am	Activity	Venue
9.30-10.15	PAC Fitness (men)	EXT
9.30-11.30	Spanish—Intermediate	CR/L
10.15-12.15	Calligraphy	AR
10.30-12.30	Word Processing	CS
10.15-11.00	Movement to Music	EXT
11.00-12.00	Line Dancing	EXT
11.30-1.30	Spanish—Advanced	CR/L
Time pm		
12.30-2.30	Art W/colour Beg	AR
1.00-2.00	Computers for Beg'rs	CS
2.00-4.00	Spanish—Beginners	L
2.45-4.45	Art Watercolours Beg	AR
2.00-3.15	Yoga	EXT
7.30-9.00	Art Club	AR
7.30-10.30	Whist	EXT

Wed		
Time am	Activity	Venue
10.00-11.00	Swimming	LIS
10.30-12.30	Dig Photo Intermediate	CS
10.30-12.30	Art Oils-Intermediate	AR
11.00-12.15	Local History	EXT
Time pm		
1.00-3.00	Art/Oil –Beginners	AR
2.00-4.00	Gardening Club	CL
2.00-5.00	Bridge Competition	EXT

Lunch available 12.00-2.00pm

Mon—Thur

Thurs		
Time am	Activity	Venue
9.30-10.15	PAC Fitness (men)	EXT
10.00-11.00	Italian —Beginners	BR
10.00-12.00	Art W/colours-Intermed	AR
10.15-11.00	Movement to Music	EXT
10.30-12.30	Digital Camera (beg'rs)	CS
10.15-11.00	Movement to Music	EXT
11.15-12.00	Gentle Mov't to Music	EXT
11.00-12.30	Italian -Intermediate	BR
Time pm		
1.30-3.00	Bridge Beginners	MR
12.30-2.30	Art/Watercolours-Adv	AR
2.00-3.30	Art Appreciation	L
2.00-4.00	Bowls	EXT
2.45-4.45	Art –Drawing	AR

Snooker – phone the office to book table

Fri		
Time am	Activity	Venue
10.00-11.00	Swimming	LIS
10.00-11.00	Pilates	EXT
11.00-12.00	Pilates	EXT
10.30-12.30	Buying & Selling OL	CS
10.30-12.00	Ornithology	Var
10.30	Golf Ladies– Beg	
10.30	Golf– Men	RC
Time pm		
12.30	Golf– Ladies	FG
1.30-3.00	Scrabble	L
2.00-3.00	Creative Writing	BR
2.00-4.00	Old Time Dance	EXT

Footcare Clinic:- Alt Thurs 11.00am—1.40pm
Book through office—71860123

Monthly Activities		
Time	Activity	Day
11.00-1.00	Investment 1	Mon 2
2.00-4.00	Music Appreciation	Mon 2+4
7.30-9.30	Digital Camera Club	Tue 2+4
1.30-2.45	Investment 3	Wed 2
7.00-9.00	Old Time Dancing	Wed 2
1.00-open	Social Lunch	Wed 3
11.00-12.30	Family History	Wed 4
8.00-10.30	Social Evening	Wed last
7.30-9.30	Antiques	Thurs 1
2.00-3.30	Investment 2	Thurs 2
7.30-9.30	Cinema Club	Thurs 2
2.00-3.00	Book Club 1	Fri 2
2.00-3.00	Book Club 2	
2.00-3.30	Creative Writing	Fri 3