

LUNCH CLUB FOR OVER 60's WEEKLY TIMETABLE



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| MEN'S CLUB 11am to 1.00pm Hocking Hall | Every fortnight NAIL PAINTING with Pang FREE | GENTLE CHAIR BASED EXERCISES 12:20pm to 1pm FREE | COMMUNITY POLICE OFFICERS' ADVICE SESSION Once a month FREE | ART SESSION 11am to 2pm FREE |
| LUNCH 12:30pm to 1.15pm Please see notice board for menu | LUNCH 12:30pm to 1.15pm Please see notice board for menu | LUNCH 12:30pm to 1.15pm Please see notice board for menu | LUNCH 12:30pm to 1.15pm Please see notice board for menu | LUNCH 12:30pm to 1.15pm Please see notice board for menu |
| BALLROOM DANCE 2 - 4pm cost £3 | Every fortnight HEALTH TALKS 1.15pm-2pm | ARGENTINE TANGO 2pm to 4pm cost £3 | 11.45am to 2pm Lounge | Sing-a-long with Peter 1.15pm to 2pm on every last Friday of the month! |
| | CHAIR BASED TAI CHI 1.30pm-2.30pm Lower Hocking Hall | | | |

Contact:
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