

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 & LATIN DANCE 2pm to 4pm £3.00	Every fortnight HEALTH TALKS 1.15pm-2pm Lounge	ARGENTINE TANGO 2pm to 4pm £3.00	LIVING WITH HEARING LOSS Starts on 20th April - 6th July 11.45am-2pm Lounge	Light gardening on raised beds 1.15pm to 2pm

Contact:
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