

Laburnum Activity List

| | Craft Room | Gymnasium | Dining Room | Upstairs Library | Games Room | Class Room | Travel Office | Computer Room |
|------------------|--|---|---|---|---|---|---|--|
| Monday | 0930 - 1pm Painting (any media) 1.30 - 3pm Parchment/ Card Making 1pm - 4pm Painting | | 0945-1045 Movement to Music 1.30pm - 3pm Quiz (alt. weeks) 2.00 - 4pm Folk Dancing (alt. weeks) | 1pm-3pm Whist 1.30pm - 3.30pm Cribbage (in pop-in) | 10.45 - 12.00 Yoga | Bridge 0930-1200 Maryse Boule Holistic Ring 01243 864770 to book | Travel Club 09.30-12.00 | 1.30pm - 3pm Computer Practice |
| Tuesday | 0930 - 1.00 Crafts 1pm - 4pm Crafts | 10.30 Healthy walks & 10.15 Swimming meet in centre | 0930 - 1030 Keep Fit 1045 - 1130 Tai Chi 1.45pm - 4pm Dancing | | 0930 - 1200 Bridge 12.30 - 1.30 Chair Aerobics 1.45 - 4pm Darts | | | 09.30 Beg. Computers 1330 Intro to computers |
| Wednesday | 0930 - 2pm Miniature Woodwork 1.00-4.00 Card Making (improvers) | | 0930-11.00 Tap Dancing (Intermediate) 1.15pm - 3.15pm Bingo | | 0930 - 1030 Table Tennis 1030 - 1200 Gentle Yoga 12.00 -1.00 Offbeat Dance 1pm - 4.15pm Table Tennis | Maryse Meditation AM Ring 864770 12.45 - 4.15pm Bridge | Travel Club 09.30-12.00 | 0930 Camera Class (Beg.) 1.30pm - 3pm Digital Photography 3pm Photographic Club (every other Wed.) |
| Thursday | 0930 - 1230 Painting 1230 - 4pm Painting | 09.40-11.00 Yoga | 0945 - 1100 Carpet Bowls 1.45pm - 4pm Dancing | | 0930 - 1100 Choir 1100 - 1130 Handbell Ringing 2pm - 4.15pm Table Tennis (Beg. 1-2pm) | 0945 - 1200 Mahjong 12.15-1.30 Stress Busting/Relax | | 09.30 - 12.00 Beg. Computer class |
| Friday | 1000-1200 Flower Arranging (£4.50) 1000 - 1200 Calligraphy 1.30pm - 4pm Crafts 1.30pm - 4pm Pergomano | 1100 - 1200 Fun Card Games (pop-in) | 0945 - 1100 Carpet Bowls 1.30pm - 2.30pm Folk Dancing 2.45pm - 4.15pm Line Dancing | 0930 - 1200 Solo Whist 1.15pm - 3pm Bingo | 1.15pm - 4.15pm Table Tennis | 09.30-10.30 French 10.30-11.30 French 11.30-12.30 German 2pm-4pm Family History (1st Friday) 2pm-4pm Scrabble | Travel Club 09.30-12.00 Creative Writing Self Help 2.00pm | 10.00 - 16.00 Family History AM Tuition PM Self-help |

SOME CLASSES MAY HAVE A WAITING LIST AND ARE SUBJECT TO CHANGE

FLOWER ARRANGING COSTS £4.50 WHICH COVER ALL MATERIALS

PLEASE NOTE: YOU MUST SUPPLY YOUR OWN MATERIALS FOR CRAFT CLASSES

Services

Hairdressers - Daily (excluding Mondays)

Maria Sui-Lin Holistic Treatments Wednesdays

Chiropody - Tuesdays and Thursdays

Travel Club Mon Wed & Fri mornings 09.30 - 12.00

Free will writing service

Free legal advice provided by a local solicitor

Midday meal including take away service

Snacks and refreshments

Hearing Aid Clinic 1st Friday AM

Also available

For full use of the centre, membership is required. Alternatively you can attend activities, have lunch or refreshments as refreshments as a day visitor for £1.00

However, our Information & Advice service and the Free Will Writing Service is open to anyone over 50 - please contact the centre for details.

There is a car parking system the car park that you have to sign in for at reception if space available

Centre telephone number is 01243 827185