

Tamarisk Activity List

All classes are subject to change and some may have a waiting list

	Main Hall	Art/Craft Room	Room 1/2	Room 3	Computer Room	Miscellaneous or in Therapy Rooms
Monday	09.45 - 10.20 Chair Aerobics 10.20 - 11.15 Gentle Exercise 2pm - 3pm Music Appreciation	09.30 - 12.00 Art 1.30pm - 3pm Bingo	09.45 - 12.00 Natural Healing 10.00 - 11.30 Scrabble	10.00 - 11.45 Wii Fit		11.00 - 1.00 Gavin's Mobile and Texting Sessions 09.45 - 2pm Nails, Facials and Waxing
Tuesday	09.45 - 11.15 Sequence Dancing 1.45pm - 3.15pm Sing Song or Music or Entertainment or Quiz	09.30 - 12.00 Art 09.30 - 12.00 Craft	1.30pm - 4pm Table Tennis	10.00 French (Beg) 1.30pm - 4pm Chess		Mornings - Holistic Therapy, every fortnight
Wednesday	09.30 - 11.15 Tap Dancing 2pm - 4pm Ballroom Dancing	09.30 - 12.00 Art 1.15pm - 2.30pm Craft	10.00 - 11.30 Darts 11.30 - 12.00 Cards 1.15pm - 3.30pm Whist	09.30 - 11.15 German (Adv) 1.15pm - 4pm Bridge	10.00 - 12.00 Computer Training	Healthy walks, meet here at 09.30, out and about back for 12.00
Thursday	09.45 - 11.00 Gentle Exercise 1.45pm - 3.15pm Music Makers	09.30 - 12.00 Craft 1.45pm - 3pm Flower Arranging 1.45pm - 3.15pm Craft	10.15 - 12.00 Creative Writing 1pm - 4pm Canasta	10.00 - 12.00 Wii Fit 1.30pm - 3pm Discussion Group with Michael Dolphin	10.00 - 11.30 Internet and Emailing with Michael Dolphin	10.00 - 2.30pm Indian Head Massage, Massage and Reflexology
Friday	09.30 - 11.15 Line Dancing 2pm - 4pm Ballroom Dancing	10.00 - 11.00 French Conversation (Adv) 1.30pm - 3pm Bingo	10.00 - 11.30 Carpet Bowls 11.45 - 1pm Music and Movement	10.30 - 1pm Family History 1pm - 4pm DVD's 2nd Friday of every month	10.00 - 12.00 Computer Training	

As of the 26th February 2010

ISO9001 Version 1 September 2009

The Tamarisk Centre is open from 09.30am until 4.30pm Monday to Thursday and from 09.30am until 4pm on Fridays

The telephone number is 01903 730007.

Lunches are served at 12 noon and need to be booked and paid for by 11am. Snacks are also available at the Pop In area.

Members who attend classes are asked for a Voluntary contribution of 20p.

Other facilities include hairdressing, chiropody, a well being clinic, pensions service and will writing service.

The Centre Manager is Sue Rixon and the assistant is Jenny Ririe and their office is located on the first floor next door to the hairdressers.

Please note: Alcohol must not be brought into the Centre (For special occasions, please see the Management in advance)

The Car Park is for staff and Volunteers on Duty only