

# ELLERAY HALL ACTIVITIES TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Hairdresser</b> 9:30-2:00 Please call Tina (07572 878352) for appt.	<b>Chair-Based Yoga (£5)</b> 09:45-10:45 <b>Activity Room</b>	<b>'Nearly New' Shop</b> 10:00 – 11:00 <b>Main Hall</b>	<b>Chair-Based Pilates (£5)</b> 10:00 – 10:45 <b>Activity Room</b>	<b>Good Morning Choir (£5)</b> 09:30 - 10.30 <b>Main Hall</b>	<b>Gentle Exercise (£5)</b> 09:45 – 10:45 <b>Activity Room</b>	<b>Chiropodist</b> 09:30-14:00 (Members only) Once a month; please see office for appointment	<b>FREE MOVE TO HEALTH CLASSES</b> (Dance Based Fitness Class) 09:45-10:45 NIL CHARGE <b>Main Hall</b> STARTS: 25 <sup>TH</sup> JAN TERM ENDS: MAR NO CLASS 15 <sup>TH</sup> FEB	<b>Zumba Gold (£5)</b> 9:45-10:45 <b>Main Hall</b>	<b>Hairdresser</b> 9:30-2:00 Please call Tina (07572 878352) for appt.
<b>Current Affairs (£1)</b> 10:00 – 11:00 <b>Lounge</b>		<b>Fortnightly Piano Playing</b> 10:00 – 11:00 <b>Main Hall</b>		<b>Coffee and tea morning (£1)</b> 10:30-12:00 <b>Lounge</b>	<b>Zumba (£5)</b> 11:00-12:00 <b>Main Hall</b>			<b>Games Corner</b> 10:00-11:00 <b>Lounge</b>	
<b>Cash Prize Bingo (£1)</b> 11:00 – 12:00 <b>Main Hall</b>	<b>Tai Chi (£5)</b> 11:00 – 12:00 <b>Activity Room</b>	<b>Quiz (£1)</b> 11:00 – 12:00 <b>Main Hall</b>		<b>Singing for the Brain (£5)</b> 11:00-12:15 <b>Activity Room</b>	<b>Dominoes</b> 11:00-12:00 Nil Charge <b>Lounge</b>	<b>Cash Prize Bingo (£1)</b> 11:00 – 12:00 <b>Main Hall</b>	<b>Sit to Stand Pilates With Heather (£5)</b> 11:15 – 12:00 <b>Activity Room</b>	<b>AIDED Skittle Alley (£1)</b> 11:00 – 12:00 <b>Main Hall</b>	
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
<b>Aided Bowls &amp; Buns (£1)</b> 1:00 – 2:00 <b>Main Hall</b>		<b>Crazy Golf Tournament (£1)</b> 1:00 – 2:00 <b>Main Hall</b>		<b>Curling Competition (£1)</b> 1:00– 2:00 <b>Main Hall</b>		<b>Live Singer and Guitarist (£1)</b> 1:00 – 2:00 <b>Main Hall</b>		<b>Bridge/ Cards Corner (£2 for non members)</b> 1:00-3:00 <b>Lounge</b> <b>Monthly Members Meeting</b> (1 <sup>st</sup> Thursday each month) 2.00 – 2:30	
		<b>Reminiscence (£1)</b> 2:00-3:00 <b>Activity Room</b>	<b>Bridge Club (£2 for non members)</b> 1:45-3:45 <b>Lounge</b>						
								<b>Friday Fun</b> See board for activities <b>(£1)</b> 1:00-2:00	