	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00am			**Aqua Aerobics** Wake up and work out with some pool side exercises.		
10.00am		**Wake Up & Work Out** Perfect for all fitness levels, easy-to-follow fun moves	**Sunrise Stretch** Agentle, energizing session to gently awaken body and mind.	**Fit & Fun** Perfectforall fitness levels, easy-to-follow fun moves	
11.00am		**Walk & Talk** Take inthe fresh air with a morning walk, don't forget 4 legged friends	**Coffee, Cake, Communicate** Enjoya morningcuppawhilst making new friends £5.95	**Boards & Banter** Challengeanew friend to cards, board games or even boules!	
12.00pm		**Glass Decorating** Enhancedexperience £10	**Pottery Painting** Enhancedexperience £10	**Candle Decorating** Enhanced experience £10	
1.00pm		**Movie Classics Trivia** TestyourKnowledgeof the golden days of cinema	**Puzzler showdown** Test yourbrain withpuzzle sheets, From suduko to cross words	**Retro Tunes Trivia** time toname some classic hits with our afternoon music Trivia	
2.00pm		**Salsa** Jointhe team for and intro to salsa	**Paint & Prosecco** Enjoy some refreshing bubbles as you let your creativity flow. £15.99	**Line Dancing** Bootscootingfun awaits	
3.00pm					
4.00pm		**Wine Tasting** Enjoy a fewglasses & learn a little about the drink £25	**Whiskey Tasting** Learn about the different varieties of whiskey £25	**Gin Tasting** Learn aboutthe different varieties of gin £25	
5.00pm					
6.00pm					
7.00pm					
8.00pm	**Mix & Mingle** Timerelax and make some new friends and play some games	**Bingo** Haveyour dabbers ready it's bingo time!	**Throwback Games Night** Play along with some classic TV style gameshow and quizzes	**Bingo** Haveyour dabbers ready it's bingo time!	
9.00pm	**Late & Live** Enjoya live vocalist or musician To help you unwind	**Late & Live** Enjoy a live vocalist or musician to help you unwind	**Throwback Games Night** Play along with some classic TV style gameshow and quizzes	**Late & Live** Enjoy a live vocalist or musician to help you unwind	