

MIDDLETON ELDERLY AID WEEKLY ACTIVITY PLANNER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CRAFTS 10.00 - 11.30 £2.00 PER SESSION	GUEST SPEAKERS HEARING AID CLINIC RINGTONS GREEN DOCTOR 10.00 - 11.30	BACON BUTTY NEWS CAFÉ TEXTILE GROUP	PING PONG 10.00 - 11.00	TOAST, CUPPA & GAMES MORNING 10.00 - 11.30	FULL BREAKFAST £3.00 9.00-11.00
		1ST WED-MONTHLY PHOTOSHOP	HAIRDRESSER FORTNIGHTLY 9.00 - 1.00	COMPUTER CLASS 9.30 - 11.00	
BINGO & HOY 11.30 - 12.30	BINGO & HOY 11.30 - 12.30	WALKING GROUP 11.00-1.00	BINGO & HOY 11.30 - 12.30	BINGO & HOY 11.30 - 12.30	GARDENING CLUB 9.30-11.00
LUNCHCLUB 12.30 - 1.30 £4.00	LUNCHCLUB 12.30 - 1.30 £4.00	<u>MONTHLY</u> TRIPS ENTERTAINMENT MEMORY CAFÉ TEA DANCE LEGAL DROP IN WEIGH IN	LUNCHCLUB 12.30 - 1.30 £4.00	LUNCHCLUB 12.30 - 1.30 £4.00	
DANCE ON 2.00 - 3.00 £3.00 PER SESSION	LINE DANCING 2.00 - 3.30 £3.00 PER SESSION	<u>FORTNIGHTLY</u> PIE & PEAS & BINGO 5.00-7.00 £1.00	QUIZ AFTERNOON & BOCCIA WITH ROCKY 1.30 - 2.30 £2.00 PER SESSION	CHAIR BASED EXERCISE CLASS 1.45-2.45 £2.00 PER SESSION	BINGO AFTERNOON 12.30-3.00 SANDWICHES PLATTER £2.00

IF YOU ARE INTERESTED IN ANY OF OUR ACTIVITIES OR LUNCH CLUBS PLEASE BOOK FIRST ON 0113 2721050