

# Activities

## MONDAY

Beachfront Walk, 10:30 am at the Lifeboat Museum

09:15 - £7.00 - Beginners Tai Chi

10:00 - £3.50 - Holiday French

10:20 - £7.00 - Intermediate Tai Chi

10:30 - £6.00 - Let's Dance

11:45 - £5.00 - Senior Seated Exercise

13:30 - £3.50 - Creative Writing (2nd Monday of the month)

## TUESDAY

10:00 - £4.00 - Art

12:30 - £5.00 - Seated Pilates

## WEDNESDAY

Hampden Park Walk, 10:30 am at the Tea Chalet

10:15 - £5.00 - Beginners Tap

10:30 - £7.00 - Tai Chi Next Step

11:30 - £5.00 - Ballet

14:00 - £2.00 - Rainbow Group (Last Wednesday of the month)

## THURSDAY

(1st Thursday of each month) 1-3 pm Tech Support from TechResort

11:30 - £5.00 - Seated Pilates

13:30 - £2.50 - Film Club

## FRIDAY

10:30 - £6.00 - Dancercise

11:45 - £3.50 - Current Affairs

12:30 - £5.00 - Middle Eastern & Classic Dance

13:30 - £3.00 - The Venton Quiz (1st & 3rd Friday of the month)

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