

# 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**
- 13:00 - £5.00 - Walking Workout**
- 13:30 - £3.50 - Creative Writing (2nd Monday of the month)**

## TUESDAY

- 10:00 - £4.00 - Art**
- 12:30 - £5.00 - Seated Pilates**
- 13:30 - £free - Chess in the Café**

## 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**
- 13:30 - £free - Scrabble in the Café**
- 14:00 - £2.00 - Rainbow Group (Last Wednesday of the month)**

## THURSDAY

*(1st Thursday of each month) 10am-12pm 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**
- 12:00 - £5.00 - Middle Eastern & Classic Dance**
- 13:30 - £3.00 - The Venton Quiz (1st & 3rd Friday of the month)**

# Services

## MONDAY

£30 - Acupuncture

£30 - Ear Wax Removal Via Irrigation

£Various - Hair salon

## TUESDAY

Hands On Pain and Stress Relief Treatments:

£55 Massage 60 min appointment

£30 Clothed treatment 30 mins

£22 - Nail Clinic

£various - Hair Salon

## WEDNESDAY

£22 - Nail Clinic

£33.50 - Chiropody

£Various - Hair Salon

## THURSDAY

£33.50 - Chiropody

£22 - Nail Care

£various - Hair Salon

## FRIDAY

£25 - Reiki

£various - Hair Salon

Day club - £various

Welfare Rights - £free

Information & Advice - £free

All of these services are by booking only