

# 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 (Starts 13/05/24) - Sign up at the front desk**

**13:30 - £free - Chess in the Café (Starts 13/05/24) - Sign up at the front desk**

**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**

**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)**