

Activities



MONDAY

Beachfront Walk, 10:30 am at the Lifeboat Museum

10:00 - £4.50 - Holiday French

10:30 - £7.00 - Let's Dance

11:45 - £6.00 - Seated Exercise

14:30 - £6.00 - Intermediate Ballet

TUESDAY

10:00 - £5.00 - Art

12:30 - £6.00 - Seated Pilates

13:30 - £free - Chess in the Café

WEDNESDAY

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

10:15 - £6.00 - Beginners Tap

11:30 - £6.00 - Ballet

13:30 - £free - Scrabble in the Café

14:00 - £3.00 - Rainbow Group (Last Wednesday of the month)

THURSDAY

10:30 - £2.00 - Women's Friendship circle (Every other week)

11:30 - £6.00 - Seated Pilates

14:00 - £10.00 - Fun Acting Workshop

FRIDAY

10:30 - £7.00 - Dancercise

11:45 - £4.50 - Current Affairs

12:00 - £6.00 - Middle Eastern & Classic Dance

13:00 & 14:00 - £10.00 - Strength & Balance Class

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

Please note: Activities are subject to change and may occasionally be cancelled due to holidays or unforeseen circumstances. We recommend calling ahead to confirm availability before attending. This helps us ensure you have the best possible experience. Thank you for your understanding.

April 2026

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