

Over 60s' Activity Timetable 2009

Millman Street Resource Centre
50, Millman Street
London WC1N 3EW
Tel: 020 7405 2493

Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Morning	Morning	Morning	Morning
<p>10am Shopping trip to Sainsbury's</p> <p>11am Stroke project: exercise session</p> <p>11.45am Lunch</p>	<p>9.30am Hairdressing</p> <p>11am Oriental dance</p> <p>11-12pm Beginner's computing</p> <p>11.45am Lunch</p>	<p>10.30am-12pm Music appreciation with singing for fun</p> <p>11.45am Lunch</p>	<p>10am-12pm Art</p> <p>11.45am Lunch</p>	<p>11am-12pm Exercise</p> <p>11.45am Lunch</p>
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
<p>1pm Stroke project</p> <p>1-3pm Gardening</p>	<p>12.30-2pm General computing</p> <p>12.30-2pm Guide computing</p> <p>1-3pm Fun with fabric</p> <p>3.30pm Beginner's yoga</p>	<p>1.30-3pm Bingo</p> <p>1.30-2.30pm Computing: blog</p> <p>2.30-4pm Beginner's computing</p> <p>3-5pm Carer's group</p>	<p>1pm Shopping trip to Sainsbury's</p> <p>12.30-4pm Computing</p> <p>1-2.30pm Seated exercise</p>	<p>1.15-2.45pm Singing</p> <p>2-4pm photography Club</p> <p>2.30-3.30pm Aqua aerobics</p>