

# ACTIVITY TIMETABLE *for* OVER 55'S OCTOBER 2011

|                   |   |   |  |                                       |                                    |
|-------------------|---|---|--|---------------------------------------|------------------------------------|
| <b>MON</b>        | <b>GARDENING</b><br>1-3pm<br>Helen<br>(Not Oct 3rd/Nov 7th)   | <b>EXTRAVAGANT ACTS!</b><br>Live performance event<br>★ 1.30—3<br>Oct 3rd & Nov 7th | <b>FOR MORE INFORMATION<br/>CALL 020 7406 7934</b> |                                       |                                    |
| <b>TUES</b>       | <b>DANCE EXERCISE</b><br>11.00—12noon<br>Kristina             | <b>BEGINNERS IT</b><br>1.30-3.30<br>(by appointment)                                | <b>REMINISCENCE</b><br>1.30-3<br>Rochelle          | <b>PLAYREADING</b><br>2-3pm<br>Norman | <b>YOGA</b><br>3.30—5pm<br>Shereen |
| <b>WED<br/>am</b> | <b>WOMEN'S EXERCISE</b><br>10.30 —11.45am<br>Lyn              | <b>FAMILY TREES ONLINE</b><br>10.30-12.30pm<br>(by appointment)<br>Helen            | <b>CHOIR</b><br>10.30-11.30<br>Nav                 |                                       |                                    |
| <b>WED<br/>pm</b> | <b>COMPUTERS</b><br>1.30—4pm<br>(by appointment)<br>Sue       | <b>CRAFT</b><br>Mixed media<br>1—3pm<br>Wendy                                       | <b>CARERS SUPPORT</b><br>3-4<br>(fortnightly)      |                                       |                                    |
| <b>THURS</b>      | <b>PAINTING</b><br>10.15—11.45am<br>Helen                     | <b>ROCK 'N' ROLL</b><br>12.15—1.15<br>Jean  | <b>LINE DANCING</b><br>1.45-2.45<br>Jean           | <b>TAI CHI</b><br>3-4 pm<br>Hendrika  |                                    |
| <b>FRI</b>        | <b>STAYING STEADY<br/>EXERCISE</b><br>10.45-11.45am<br>Robbie | <b>PHOTOGRAPHY</b><br>1.30-3.30pm<br>Liz  | <b>SING -A-LONG</b><br>2-3pm<br>Esther             |                                       |                                    |
| <b>SUN</b>        | <b>COOK &amp; EAT</b><br>OCT 2nd<br>12-3pm<br>Leatrice & Ola  | <b>COOK &amp; EAT</b><br>NOV 6th<br>12-3pm<br>Leatrice & Ola                        |  |                                       |                                    |

Millman Street Resource Centre
  Bedford House Community Centre
  Other Venue
  ★ Special Event