

Regular weekly activities at Longmead Centre

Day	Time	Activity	Where
Monday	9.30am - 10.15am	Qigong Tai Chi - Intermediate £4(M) £8(N/M)	Hall
	10.45am - 11.45am	Keep Fit £2.50 (M) £5 (N/M)	Hall
	11am - 11.45am	Musical Bingo	Dining Room
	12noon - 1pm	Qigong Tai Chi - Beginners £4(M) £8(N/M)	Hall
	1.45pm - 2.45pm	Tea and Activities	Park Lounge
Tuesday	10.30am - 12.15pm	Chess Club	Small Lounge
	10am - 11am	Tai Chi - Intermediate £4 (M) £8 (N/M)	Hall
	11.15am - 12.15pm	Tai Chi - Beginners £4 (M) £8 (N/M)	Hall
	11am - 11.45am	Table Quiz	Dining Room
	11.15am - 12.15pm	Balance Class £2.50 (M) £5 (N/M)	Park Lounge
	1.30pm - 3.30pm	Whist Drive	Dining Room
	1.30pm - 3.30pm	Card Making	Small Lounge
	1.45pm - 2.45pm	Tea and Activities	Park Lounge
Wednesday	10.15am - 11.45am	Line Dancing £3 (M) £5 (N/M)	Hall
	11.30am - 12.15pm	Activities	Park Lounge
	1.30pm - 2.30pm	Bingo £1 per card	Dining Room
	1.45pm - 2.45pm	Tea and Activities	Park Lounge
	2pm - 4pm	Longmead Songbirds - alternate weeks	Small Lounge
	1.30pm - 3.30pm	Short Mat Bowls £1	Hall
Thursday	by Appointment	Reiki with Usha - call into the office	Counselling Room
	11am - 12 noon	Chair Yoga - donation	Park Lounge
	11.15am - 12.15pm	Yang Long Form Tai Chi £4 (M) £8 (N/M)	Hall
	1.30pm to 3.30pm	Short Mat Bowls £1	Hall
	1.45pm - 2.45pm	Tea and Activities	Park Lounge
Friday	9.30am - 11am	Singing for Pleasure (1st and 3rd Friday)	Hall
	By Appointment	Massage by Stella Hines. To book please call into the office	Counselling Room
	11am - 12 noon	Yoga with Lizzie £4 (M) £8 (N/M)	Hall
	1.45pm - 2.45pm	Tea and Activities	Park Lounge
	1.30pm - 3.30pm	Art	Hall or Small Lounge
	2pm - 4pm	Tai Chi with Darren £4 (M)	Hall

Lunch is served between 11.30am and 1pm daily

We have regular cake sales, clothes sales and

Bi-monthly Special Lunches with entertainment - Check the notice boards for more information

due to unforeseen circumstance, the scheduled programmes of events may change,

please contact us prior to attending your first class

Updated August 2016