

Tuesday	Friday
<p><b>Exercise Class</b> 9.30am - 10.30am £5 Rhythmic continuous movements which exercise large muscle groups. All fitness levels, including sitting down</p>	<p><b>Art &amp; Craft Group</b> 9.30am -12pm £1 A social group for all abilities (members bring their own equipment)</p>
<p><b>Coffee Morning</b> 10.30am -11.30am Cost of refreshments only Come and enjoy a cup of coffee / tea and make new friends</p>	<p><b>Coffee Morning</b> 10.30am - 12pm Cost of refreshments only Sociable get together</p>
<p><b>Chiropody *</b> By appointment only Cost Varies or £30 for members of Social Centres</p>	<p><b>Fish &amp; Chips Lunch</b> 12pm - 2pm Purchase price + £1 Brought in from Regan's Fish Bar</p>
<p><b>Ear Cliic *</b> By appointment only £15 plus cost of treatment (if required) 30 minute ear &amp; hearing check-up</p>	<p><b>Table Tennis</b> 2pm - 4pm £2 (tea/coffee included) Alternate Friday afternoons. All levels welcome</p>
<p><b>Bingo</b> 1pm - 3pm £1 plus cost of the books Join us for a fun game of Bingo</p>	<p><b>Social Afternoons *</b> 2pm - 4pm Activities individually charged Special events e.g. Quiz, Cream teas and other cultural celebrations.</p>
<p><b>Reflexology, Head Massage</b> By appointment only £25 for 30 minutes</p>	<p><b>Hairdressing</b> Appointments from 10am Price depends on treatment</p>
<p><b>Homemade lunches</b> £5 for two courses</p>	