

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