



What's on in January?

Drop-in area: all welcome pop in for a chat and cuppa

Monday Thursday 10:00 - 16:00 Friday 10:00 - 14:00

Closed Monday 2nd and Tuesday 3rd January 2023

Main Hall:

Monday:

Morning - Weekly Ukulele Fun Strum 11:00 -12:00 All welcome.

Every Monday lunchtime between 12:00 and 14:00 we've got soup and roll to warm you up.

Donations gratefully received.

Afternoon - Weekly Word/Board/Card Games 13:00 -16:00 all welcome.

Evening - Boxercise Fitness Class 18:30 to 19:30 Class full. Restarting 16th January Class full.

Tuesday:

Morning - Weekly Gentle Movement Programme 11:00 -12:00 max 8 by referral. Class re starting 17 January 2023.

Afternoon – Café area ...Beginners knitting and crochet class 13:00 to 15:00.

Afternoon – Main Hall ...Weekly Rothesay Bridge Club 14:00 -17:00 members only.

Evening - Weekly Pilates 17:30 -18:30 Class full.

Wednesday:

Morning –

Every Wednesday lunchtime between 12:00 and 14:00 we've got soup and roll to warm you up.

Donations gratefully received.

Afternoon - 13:30 - 14:30 Sing - along weekly all welcome

Evening -

Thursday:

Morning - Chair yoga 11:30 -12:30 cost £3.00 or donation all welcome. Class start 12th January.

Afternoon - Weekly Writers group 13:15 -15:00 all welcome

Evening - Weekly Rothesay Bridge Club 18:45 - 21:45 members only

Friday Morning Uke 10:00 -13:00.

10:00 -12:30 hot filled rolls (bacon & sausage) available donations gratefully received.

Friday evening - Boxercise Fitness Class 18:30 to 19:00 Class full. Starts 20th January.