

# CREATIVE AND WELLBEING ACTIVITIES

## Monday

- Women's only boxercise (6:00 pm - 7:00 pm)
- Tai chi (7:00 pm - 8:00 pm)

## Tuesday

- Watercolour art (10:00 am - 1:00 pm)
- Pilates (6:00 pm - 7:00 pm)

## Wednesday

- Cake decorating (11:30 am - 12:30 pm, sign up required)

## Thursday

- Women's only circuits (9:30 am - 10:30 am)
- Chatty Chairs (10:30 am - 11:30 am)
- ESOL classes (1:00 pm - 3:00 pm, term time only)
- Garden group (10:30 am - 12:30 pm, subject to seasonal changes)
- Boxing (5:00 pm - 6:00 pm, term time only - ages 9+ years)