

Meadowcroft Activity Timetable

304 Spital Road, Bromborough, Wirral, CH62 2DE TEL: 0151 4521499

Time	Monday	Time	Tuesday	Time	Wednesday	Time	Thursday	Time	Friday
10:00 12:00	Bridge Class	9:00 12:00	Chiropody	10:00 11:00	Tap Dancing	10:30 11:30	Chair Based Exercise	10:00 11:00	Pilates
10:00 12:30	Crafty Sew 'n' Sews	10:00 12:00	Singing For Health	10:00 12:00	DIY Computer Club	12:00 13:00	Top-2-Toe Exercise	10:00 12:00	Digital One-2-Ones
10:00 12:30	Art & Drawing	10:00 14:30	Digital One-2-Ones	10:00 12:00	Crochet Corner	13:15 14:15	Stability and Mobility	10:00 12:00	Jewellery Workshop
10:00 14:30	Digital One-2-Ones	10:30 12:30	Flower Arranging	11:00 12:00	Digital One-2-Ones	13:30 16:00	Paper Craft Class	11:15 12:15	Pilates
10:00 15:00	Massage Therapies	12:00 14:00	Cooking For One	11:30 12:30	Zumba Gold	14:00 15:30	Ukulele Group	13:00 15:00	Dance Through The Decades
13:00 15:00	Digital Drop-Ins	12:15 13:15	Chair Based Exercise	12:00 14:00	Lunch Corner	19:00 21:00	Focus Photography	13:30 15:30	Mindful Art
14:30 16:00	Line Dancing	13:30 14:30	Yoga	13:00 16:00	Reflexology				
		13:30 15:30	Art & Drawing	13:30 15:30	Art & Drawing				
				14:00 15:30	Reading Group				
				14:45 15:45	Tai Chi				