## Programme of Activities

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am-	-	Weight	Jo-Jingles		-	-	
10am		Watchers					
10am-		Citizens	Jo-Jingles	Housing			
11am		Advice		Executive			
		Weight					
		Watchers					
11am-		Citizens	Jo-Jingles	Housing			
12pm		Advice		Executive			
12pm-		Citizens					
1pm		Advice					
1pm-		Citizens					
2pm		Advice					
2pm-		Citizens	Ballet				
3pm		Advice					
		Senior	Fibromyalgia – last				
		Citizens	Wednesday				
		Club	of the Month				
3pm-	Squiggles	Citizens	Ballet				
4pm	and	Advice	Dunce				
ipin	Giggles						
	0.99.00	Senior					
		Citizens					
		Club					
4pm-							
5pm							
5pm-							
6pm							
6pm-							
7pm							
7pm-		Yoga	Peak				
8pm			Performance				
			$-1^{st}$				
			Wednesday				
0.nm		Voga	of the Month				
8pm-		Yoga	Peak				
9pm			Performance – 1 <sup>st</sup>				
			— I Wednesday				
			of the Month				
9pm-			Peak				
10pm			Performance				
10000			$-1^{st}$				
			1				

Wednesday		
of the Month		