

Activities

MONDAY

Beachfront Walk, 10:30 am at the Lifeboat Museum

09:15 - £7.00 - Beginners Tai Chi

10:00 - £3.50 - Holiday French

10:20 - £7.00 - Intermediate Tai Chi

10:30 - £6.00 - Let's Dance

11:45 - £5.00 - Senior Seated Exercise

TUESDAY

10:00 - £4.00 - Art

12:30 - £5.00 - Seated Pilates

13:30 - £free - Chess in the Café

WEDNESDAY

Hampden Park Walk, 10:30 am at the Tea Chalet

10:15 - £5.00 - Beginners Tap

10:30 - £7.00 - Tai Chi Next Step

11:30 - £5.00 - Ballet

13:30 - £free - Scrabble in the Café

14:00 - £free - Choir (Please ask for dates as not every week)

14:00 - £2.00 - Rainbow Group (Last Wednesday of the month)

THURSDAY

(1st Thursday of each month) 10 am-12 pm Tech Support from TechResort

10:00 - £5.50 - Yoga For Beginners

10:30 - £1 - Women's Friendship circle (Please ask for dates as not every week)

11:30 - £5.00 - Seated Pilates

FRIDAY

10:30 - £6.00 - Dancercise

11:45 - £3.50 - Current Affairs

12:00 - £5.00 - Middle Eastern & Classic Dance

13:30 - £3.00 - The Venton Quiz (1st & 3rd Friday of the month)

Services

MONDAY

£30 - Acupuncture

£30 - Ear Wax Removal Via Irrigation

£Various - Hair salon

TUESDAY

Hands on treatments for relief of pain and stress

Massage/Myofascial release/Craniosacral therapy

£60 for 60 min appointment

£22 - Nail Clinic

£various - Hair Salon

WEDNESDAY

£22 - Nail Clinic

£33.50 - Chiropody

£Various - Hair Salon

THURSDAY

£33.50 - Chiropody

£22 - Nail Care

£various - Hair Salon

FRIDAY

£25 - Reiki

£various - Hair Salon

Day club - £various

Welfare Rights - £free

Information & Advice - £free

Homecare (Personal Care, Cleaning and Shopping)- £various

All of these services are by booking only

MAR25