

**Drop in 10am- 3pm Tuesday, Wednesday, Thursday and Fridays: Enjoy a cuppa, have a chat or join an activity!**

12.30pm – 1pm each day • Low impact exercises • \$1 per session

**TUESDAY**

10am **Board Games**  
12 noon FREE

12pm **Noon Lunches**  
From just \$2

**A Splash of Paint**  
1pm A space to create and explore different  
3pm styles of paint  
Cost \$2

**WEDNESDAY**

10am **Cooking Up a Storm**  
12 noon Help create healthy cheap lunch  
Cost \$5

12pm **Noon Lunches**  
From just \$2

1pm **A Twisted Yarn**  
3pm Crochet, knit, weave and macrame  
Cost \$2

**THURSDAY**

10am **General Craft**  
12 noon See the full program for more details  
Cost \$2 plus extra materials

12pm **Noon Lunches**  
From just \$2

10am **Table Tennis, Pool Table and**  
12 noon **Board Games**  
FREE

**FRIDAY**

10am **Colour My World**  
12 noon Diamond painting, mandala, colour in  
and zentangle  
Cost \$2

12pm **Noon Lunches**  
From just \$2

1pm **Movie Matinee**  
3pm We'll supply the popcorn  
FREE

**Do you have a skill you would like to share with others? Wanting to volunteer? Talk to us about what other activities you'd like to be part of.**