

What's on at The Sundial Centre

Jan-Mar 09

Day	Time	What's On
Mon	10.45am - 11.45am	Green Candle Dance Company [50+]
	11.00am - 2.00pm	Massage 50+ (fortnightly)
	12.00pm - 12.30pm	Hearing Aid Clinic [50+]
	1.30pm - 3.30pm	Magic Me Media Group [50+]
	2.00pm - 3.30pm	Art Class [25+]
Tues	10.00am - 11.30am	Art Club [50+]
	10.45am - 11.45am	Falls Exercise Group (by referral only) [50+]
	10.00am - 2.00pm	Holistic Massage (fortnightly) [25+] appointment only
	12.30pm - 3.30pm	Computer Classes [25+]
	1.00pm - 1.45pm	Day Care Open House [50+]
	1.45pm - 4.00pm	Bingo [50+]
Wed	10.00am - 11.30am	Line Dancing [50+]
	10.00am - 12.00pm	Pensions Advice (fortnightly) [50+] appointment only
	10.00am - 2.00pm	Computer Classes [25+]
	11.00am - 3.00pm	Hairdressing with Martha [25+] appointment only
	1.30pm - 4.30pm	Shelter (housing) Advice appointment only
	2.15pm - 3.45pm	Keep Fit [50+]
	2.00pm - 4.00pm	Knitting and Crafts Group [25+]
Thurs	9.45am - 11.45am	Sundial Singers
	9.15am - 1.15pm	Hairdressing with Martha [25+] appointment only
	9.20am - 1.00pm	Reflexology/ Acupuncture [25+] appointment only
	10.00am - 2.00pm	Computer Classes [25+]
	10.30am - 12.00pm	Oral History [50+]
	1.30pm - 2.30pm	Gardening Project with Julia [50+]
	2.30pm - 4.00pm	T'ai Chi [25+]
Fri	2.00pm - 3.00pm	Feel good Friday [50+]

SUNDIAL ACTIVITIES & EVENTS

DATE	TIME	ACTIVITY	PRICE
Fri 16th January	2.00pm - 3.00pm	Forum	FREE
Fri 23rd January	2.00pm - 3.00pm	Connaught opera	FREE
Fri 30th January	2.00pm - 3.00pm	Indoor Bowling re-starts - continues fortnightly	FREE
Tues 3rd February	10.30am-12.30pm	Walking Group with Ramblers Association	FREE
Weds 4th February	12.00pm– 15.30pm	Pyramid Theatre at Docklands Museum	FREE
Tues 10th February	10.30am-12.30pm	Walking Group with Ramblers Association	FREE
Fri 13th February	10.45am– 11.45am	Frantic Theatre Show	£2
Tues 17th February	10.30am-12.30pm	Walking Group with Ramblers Association	FREE
Tues 24th February	10.30am-12.30pm	Walking Group with Ramblers Association	FREE
10, 17, 24 March	11.00am-12.30pm	Dignify Project	FREE