

## Daily Programme of St Luke's Older People's Activities, Classes & Services

TIME*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Painting for beginners [Tutor: Clare Brooks]  Lounge Craft & Games  Sewing Class [Margaret Rudge]	Painting – intermediate [Tutor: Clare Brooks]  Lounge Craft & Games  Age Concern Advice (fortnightly sessions)	Tai Chi / Keep Fit [Tutors: Jane Ward / Nikki Moss]  Lounge Craft & Games	Singing Group [Tutor: Gerald Willis]  Lounge Craft & Games  Manicures [Luisa Mullen]  Beginners Spanish [Lorena Zurbano]	Yoga Class [Jane]  Lounge Craft & Games
Lunch Time	Lunches	Lunches	Lunches	Lunches	Lunches
Afternoon	Penny Bingo  Hoy!  Ballet Class [Tutor: Simona Scotto]	Penny Bingo  Line dancing class [Tutor: Joan Thomas]  Lounge Craft & Games  Seated exercise class [Tutor: Arnaud]	Film Afternoon  Keep Fit Class [Tutor: Nikki Moss]  Lounge Craft & Games	Big Bingo  Barn dancing [Tutor: Diana Campbell]  Lounge Craft & Games	Penny Bingo  Ballroom dancing [Tutor: Joan Thomas]  Lounge Craft & Games
All Day			Hairdressing [Iris]  Heart & Stroke Club	Hairdressing [Iris]	

\* Please contact us for actual times