

Manchester House

Senior Hub

Tuesday: Active Exercise 9.00am - 10:30am \$2.00pp

For those who are wanting to retain strength and balance social, interaction and wellbeing.

Wednesday Morning: Coffee Club, Bingo = \$3.00 per card B.Y.O

lunch or chip in for fish 'n' chips.

A chance to try your luck to win a few food items in Bingo OR just sit and chat with friends.

Thursday Morning: Active Exercises 10:30 am - 11:30 am —

\$2.00pp

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Thursday Afternoon 1.30 - 3.00pm

afternoon Tea provided) \$5.00pp entry

A great way to meet new people, have a sing a long and tap your toes. Let our wonderful local entertainers serenade you with memories old and new.

While we do our best to uphold this program

schedule

programs are subject to change without notification.

The safety of our attendees is paramount with all

activities

provided. Please do not attend our Hub if you are unwell or showing symptoms of cold or flu.