



EAST BEACHES SOCIAL SCENE

#3 ATEAH RD.
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Weekly Programs:

Sunday:	11:00am	AA Meetings
Monday:	9:00am	Fitness/Exercise Class
	11:00am	Falls Prevention Exercise Class
	3:30pm	Into to Tai Chi - Part 3
	7:00pm	Cards/Games
Tuesday:	8:30am	Yoga
	10:00am	Line Dancing
	1:30pm	Cooking classes (starting February)
	2:00pm	Online Bridge
Wednesday:	11:00am	Falls Prevention Exercise Class
	4:00pm	Photography (every 2 nd Wednesday)
	5:30pm	Beginner Line Dancing
	6:00pm	Line Dancing
	7:30pm	Crib Night
Thursday:	9:00am	Quilting –n- Crafts
	1:00pm	Stick Curling at BCC
Friday:	9:00am	Fitness/Exercise
	1:30pm	Carpet Bowling
	2:00pm	Bridge (at club)
	7:00pm	Bingo