



## 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
	3:00pm	Tai Chi
	7:00pm	Cards/Games/Mahjong
Tuesday:	10:00am	Line Dancing
	2:00pm	Online Bridge
Wednesday:	11:00am	Falls Prevention Exercise Class
	4:00pm	Photography (every 2 <sup>nd</sup> Wednesday)
	6:00pm	Line Dancing
Thursday:	9:00am	Quilting –n- Crafts
	7:00pm	Cribbage
Friday:	9:00am	Fitness/Exercise
	2:00pm	In-house Bridge
	7:00pm	Bingo