



## EAST BEACHES SOCIAL SCENE

#3 ATEAH RD.  
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### Weekly Programs:

|            |         |   |
|------------|---------|---|
| Sunday:    | 11:00am | AA Meetings                                   |
| Monday:    | 9:00am  | Fitness/Exercise Class                        |
|            | 10:00am | Women's Golf                                  |
|            | 11:00am | Falls Prevention Exercise Class               |
|            | 7:00pm  | Cards/Games/Mahjong                           |
| Tuesday:   | 8:30am  | Yoga  |
|            | 10:00am | Line Dancing                                  |
|            | 2:00pm  | Bridge  |
| Wednesday: | 9:00am  | Men's Golf                                    |
|            | 11:00am | Falls Prevention Exercise Class               |
|            | 4:00pm  | Photography (every 2 <sup>nd</sup> Wednesday) |
|            | 6:00pm  | Line Dancing                                  |
|            | 7:30pm  | Crib Night                                    |
| Thursday:  | 9:00am  | Quilting –n- Crafts                           |
| Friday:    | 9:00am  | Fitness/Exercise                              |
|            | 2:00pm  | Bridge  |
|            | 7:00pm  | Bingo   |