

# Fairfield Centre Open Week Timetable

	Classes & Activities - all free during the open week!	Services	Menu
<b>Monday</b> <b>14 January</b>	<b>10.30am</b> - Music and Movement <b>1pm</b> - Brain Games <b>2pm</b> - Quiz Afternoon		Liver and bacon Fruit pie
<b>Tuesday</b> <b>15 January</b>	<b>9.25am</b> - Pilates <b>10.30am</b> - French Group <b>10.35am</b> - Strength and Balance <b>1.30pm</b> - Kint, Natter & Sew <b>1.30pm</b> - Lip Reading <b>3.15pm</b> - Yoga Gold	<b>8.30am</b> - Hairdressing with Angie and Helen  <b>1.30pm</b> - Computer Course (booking essential)	Roast pork Fresh fruit salad
<b>Wednesday</b> <b>16 January</b>	<b>10am</b> - Line Dancing <b>1pm</b> - Drum Workshop <b>2.15pm</b> - Reminiscence Cafe	<b>8.30am</b> - Hairdressing with Angie  <b>9.30am</b> - Chiropody with Alex Cliff	Cottage pie Queen of pudding
<b>Thursday</b> <b>17 January</b>	<b>9.25am</b> - Zumba Gold <b>10.30am</b> - Tai Chi <b>2.15pm</b> - Art Group	<b>10am - 12.30pm</b> Age Concern Mole Valley Computer Drop-in	Gammon and pineapple Orange drizzle
<b>Friday</b> <b>18 January</b>	<b>10.30am</b> - Strength and Balance <b>10.30am</b> - Word Games and Puzzles <b>1pm</b> - Bingo (Wellbeing Room) <b>1pm</b> - Brain Games <b>1.30pm</b> - Drinks and mince pies <b>2.30pm</b> - Singing for Health	<b>8.30am</b> - Hairdressing with Angie	Special Meal Soup Herb crusted salmon Apple tart