

|               |                | WEEK ONE  | WEEK TWO                          | WEEK THREE  | WEEK FOUR                              | WEEK FIVE<br>(When applicable)    | LAST WEEK OF<br>MONTH |
|---------------|----------------|---|-----------------------------------|---|--|-----------------------------------|-----------------------|
| <b>MONDAY</b> | <b>am</b>      | Italian for Improvers<br>Level 2 11-12am by<br>Zoom (fortnightly) | Creative Crafting 10:30-<br>12:30 | Italian for Improvers<br>Level 2 11-12am by<br>Zoom (fortnightly) |  |                                   |                       |
|               |                | Exploring Faiths (am, pm<br>or all day)                           |                                   |   |  |                                   |                       |
|               | <b>pm</b>      | Wildlife and<br>Conservation 1:30                                 | Canasta 2 1:30                    | Book Club 2, 2-4pm  | Canasta 2, 1:30                        |                                   |                       |
|               |                | Spanish 2:30  | Spanish 2:30                      | Spanish 2:30  | Spanish 2:30                           | Spanish 2:30                      |                       |
|               |                | Scrabble 1, 2pm   |                                   |   |  |                                   |                       |
|               |                | Quizzing at home 2-5pm  | Gardening 2, 2pm                  | Photography 2pm   | Food and Travel Book<br>Club 2:00-4:00 |                                   |                       |
|               |                | Pickleball 1 11.00 -12.00   | Pickleball 1 11.00 -12.00         | Pickleball 1 11.00 -12.00   | Pickleball 1 11.00 -12.00              | Pickleball 1 11.00 -12.00         |                       |
|               |                | Pickleball 2 12.00 -13.00   | Pickleball 2 12.00 -13.00         | Pickleball 2 12.00 -13.00   | Pickleball 2 12.00 -13.00              | Pickleball 2 12.00 -13.00         |                       |
|               |                |   | History 2-4                       | Needlecraft 2-5pm   |  |                                   |                       |
|               |                |   |                                   | Family History 2 , 1-3pm  |  |                                   |                       |
|               |                |   |                                   | Rummikub 4, 2pm   |  |                                   |                       |
|               |                | <b>eve</b>  |                                   |   | Rummikub 2, 7pm                        |                                   |                       |
|               |                |   |                                   |   |  |                                   |                       |
|               | <b>TUESDAY</b> | <b>am</b>   | Golf 10am                         | Golf 10am   | Golf 10am                              | Golf 10am                         | Golf 10am             |
|               |                | Stretch and Dance 10.00   | Stretch and Dance 10.00           | Stretch and Dance 10.00   | Stretch and Dance 10.00                | Stretch and Dance 10.00           |                       |
|               |                | Beaded jewellery 10am   |                                   |   | Rummikub 3 10.00                       |                                   |                       |
| <b>pm</b>     |                | Mah Jong 2:00   | Local History 2:30                | Mah Jong 2:00   | Music Appreciation 2,<br>2pm           |                                   |                       |
|               |                | Scrabble 3, 2pm   |                                   | Scrabble 3, 2pm   | Sketching 2-4pm                        | Scrabble 3, 2pm                   |                       |
|               |                | Scrabble 1, 2pm Varies<br>Mon/Tue                                 | Scrabble 1, 2pm Varies<br>Mon/Tue | Scrabble 1, 2pm Varies<br>Mon/Tue                                 | Scrabble 1, 2pm Varies<br>Mon/Tue      | Scrabble 1, 2pm Varies<br>Mon/Tue |                       |
|               |                | Recorders 2.00-3.30pm   |                                   | Recorders 2.00-3.30pm   | Canasta 3, 2pm                         |                                   |                       |
|               |                |   |                                   |   |  |                                   |                       |
|               |                | <b>eve</b>  | Whist 7pm                         | Rummikub 1 - Evening  |  |                                   |                       |
|               |                |   |                                   |   |  |                                   |                       |

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|------------------|---------------|--|-----------------------------|---|------------------------------------|------------------------------------|
| <b>WEDNESDAY</b> | <b>am</b>     | Lawn Bowls (April-Sept)                | Lawn Bowls (April-Sept)     | Lawn Bowls (April-Sept)                   | Lawn Bowls (April-Sept)            | Lawn Bowls (April-Sept)            |
|                  |               | Qigong 10-11am                         | Qigong 10-11am              | Qigong 10-11am                            | Qigong 10-11am                     | Qigong 10-11am                     |
|                  |               | Walking                                |                             | Walking                                   | Walking                            |                                    |
|                  |               | Creative Writing 10-12am               |                             |   |                                    |                                    |
|                  |               |  |                             |   |                                    |                                    |
|                  | <b>pm</b>     | Music Appreciation, 2pm                | Art Appreciation 1          |   |                                    | Art Appreciation 1                 |
|                  |               | Singing for Pleasure 2.00-3.30pm       | American Square Dancing 2pm | Singing for Pleasure 2.00-3.30pm          |                                    |                                    |
|                  |               | American Square Dancing 2pm            | American Square Dancing 2pm | American Square Dancing 2pm               |                                    |                                    |
|                  |               |  |                             |   |                                    |                                    |
|                  | <b>eve</b>    | Nostalgic Games, 7-10pm                |                             |   |                                    |                                    |
| <b>THURSDAY</b>  | <b>am</b>     | Golf 10am                              | Golf 10am                   | Golf 10am                                 | Golf 10am                          | Golf 10am                          |
|                  |               | Badminton 11-12                        | Badminton 11-12             | Badminton 11-12                           | Badminton 11-12                    | Badminton 11-12                    |
|                  |               | Needlecraft 10-1:00                    | Card making 10am            | Write your Life 10.15-12am                | Art Appreciation 2                 |                                    |
|                  |               | French Conversation 2, Alternate weeks |                             |   | Scrabble 2, 10.30am                |                                    |
|                  |               | French Conversation 3, 10-12           |                             | French Conversation 3, 10-12              |                                    |                                    |
|                  |               | French Conversation 4, Alternate weeks |                             |   |                                    |                                    |
|                  |               | Ambling (week number varies)           |                             |   |                                    |                                    |
|                  |               |  |                             |   |                                    |                                    |
|                  | <b>pm</b>     | Italian for absolute beginners 2pm     | CITADEL GENERAL MEETING 2pm | Italian for absolute beginners 2pm        | Italian for absolute beginners 2pm | Italian for absolute beginners 2pm |
|                  |               | Knit n' Natter 2:30-4:30               |                             | Knit n' Natter 2:30                       | Art Appreciation 2                 |                                    |
|                  | Jazz 2, 2-4pm |  | Play Reading 1              | French Film Club, 2pm<br>Alternate months |                                    |                                    |

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|-----------------|-----------|--|---------------------|--------------------------------|--|--------------------------------|---------------------------|
|                 |           |  |                     | Science & Technology<br>2.00pm | Music Appreciation 3,<br>2pm           |                                |                           |
|                 |           | Book Club 1, 2-4pm   |                     | Nostalgic Games 1, 2-<br>4pm   | Muncheon Club<br>(alternate Thurs/Fri) |                                |                           |
|                 |           | Motorcycling 2pm   |                     | Motorcycling 2pm               |  |                                |                           |
| <b>FRIDAY</b>   | <b>am</b> |  |                     | Gardening 1                    | The 1960s. 10.30am                     |                                | Poetry Writing<br>10-12am |
|                 |           |  |                     | Military History 10:15         |  |                                |                           |
|                 | <b>pm</b> | Play Reading 2   | Canasta 1, 1.20-5pm | Family History 1, 2-4pm        | Canasta 1, 1.20-5pm                    |                                |                           |
|                 |           |  | Philosophy 2-4pm    | Needlecraft 2, 2-4.30pm        | Psychology 2-4pm                       |                                |                           |
|                 |           |  | Painting 2-4pm      |                                | Muncheon Club<br>(alternate Thurs/Fri) |                                |                           |
| <b>SATURDAY</b> | <b>am</b> | Exploring London (days<br>may vary but<br>predominantly weekend) |                     |                                |  |                                |                           |
|                 |           | MOTO 1, 10am   | MOTO 1, 10am        | MOTO 1, 10am                   | MOTO 1, 10am                           | MOTO 1, 10am                   |                           |
|                 | <b>pm</b> | MOTO 2, 2.30pm   |                     | MOTO 2, 2.30pm                 |  |                                |                           |