

HERALD AVENUE SENIOR CITIZENS' CLUB

ACTIVITY TIMETABLE (2026)

	TIME	MORNING	TIME	AFTERNOON	TIME	EVENING
MONDAY	8.30 – 11.00	Darts	1.00 – 3.00	Bingo	6.00 – 7.30	Sequence Dancing(Beg)*
	9.00 – 11.45	Sequence Dancing	12.00–2.30	Quilting	7.30 – 10.30	Sequence Dancing(Adv)*
	9.00 – 12.00	Beading	12.30–3.00	Canasta		
	9.00 – 3.00	Snooker				
	11.30 – 2.30	Art (Painting)				
TUESDAY	9.00 – 10.00	Yoga**	1.00 – 3.30	Sequence Dancing		
	9.00 – 10.30	Table Tennis (Men)	1.00 – 3.30	Whist		
	10.30–11.30	Keep Fit**				
	10.30–11.15	Chair Dancing**				
	9.00 – 3.00	Snooker				
	9.00 – 12.00	Computer Club				
WEDNESDAY	9.00 – 12.30	Indoor Bowls	1.00 – 3.30	Table Tennis (Mixed)	7.30 – 10.30	Sequence Dancing *
	9.00 – 12.00	Table Tennis (Ladies)	1.00 – 3.30	Western Mahjong		
	9.00 – 3.00	Snooker	1.30 – 3.30	Skiffle Group		
	11.00–12.00	Chair Yoga**				
THURSDAY	8.30 – 11.30	Card-making	11.30 – 3.30	Chinese Mahjong	6.00 – 7.30	Sequence Dancing(Imp)*
	8.30 – 11.30	Knitting/ Crocheting			7.30 – 10.30	Sequence Dancing(Adv)*
	9.00 – 10.00	Line Dancing (Beginners)**				
	10.15 – 12.00	Line Dancing (Improvers)**				
	9.00 – 3.00	Snooker				
FRIDAY	9.00 – 12.00	Indoor Bowls	11.30 – 2.30	Art (Painting)		
	9.00 – 3.00	Snooker	1.00 – 1.40	Zumba Gold**		
	10.45 – 11.30	Keep Fit**	1.00 – 3.00	Guitar Group		
SAT	9.30 – 12.30	Line Dancing*	1.00 – 3.30	Table Tennis	7.30 – 10.30	Sequence Dancing*
SUN			2.30 – 4.30	Sequence Dancing*		



Hall



Recreation Room



Activity Room



Computer Room

* Members: \$6, Non-Members: \$7

**Members ONLY Activity: \$6

Updated: 20 July 2026