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| --- | --- | --- | --- |
| **Day** | **Time** | **Activity** | **Venue** |
| Monday  £2.00 | 1.30 – 2.30 | Exercise for everyone | Branksome Hall |
| Monday  £2.00 | 1.30 – 2.30 | Exercise for everyone | Rockwell House |
| Tuesday  £2.00 | 2.00 – 3.00 | Bowls | Ted Fletcher Court |
| Tuesday  £2.00 | 10.30 – 11.30 | Exercise for everyone | Dalkeith House |
| Tuesday  £1.00 | 11.00 – 12.00 | Exercise for everyone | Oban Court |
| Tuesday  £2.00 | 11.30 – 12.30 | Exercise for everyone | Linden Court |
| Tuesday  £2.00 | 14.15 – 15.30 | Tai Chi | Rockwell House |
| Wednesday  £2.00 | 10.45 – 11.45 | Exercise for everyone | Havelock Street |
| Wednesday  £2.00 | 13.30 – 14.30 | Chair Exercises & Games | Windsor Court |
| Wednesday  £2.00 | 15.00 – 16.00 | Tai Chi | Havelock Street |
| Thursday  £1.00 | 10.30 – 11.30 | Chair Exercises & Games | Rosemary Court |
| Thursday  £2.00 | 11.00 – 12.00 | Darts | Ted Fletcher Court |
| Thursday  £1.00 | 14.00 – 15.00 | Bowls | Oban Court |
| Friday  £2.00 | 9.30 – 10.30 | Exercise for everyone | Park Place |
| Friday  £2.00 | 13.30 – 14.30 | Exercise for everyone | Roxby Court |

**Contact: movemore@darlington.gov.uk |** 01325 405400

**You can simply turn up!**