Mon	AM		PM
Staff	Activity/Area	Staff	Activity/Area
Amy	Various as required	Amy	Crafts
Diane	Crafts	Diane	IA&DPs
George	workshop	George	workshop
Jean	Games room	Jean	Crafts
Karen	Crafts	Karen	Games room
Lisa	Members Kitchen	Lisa	Art
Luke	workshop	Luke	Various as required
Lynne	IA&DPs	Lynne	IA&DPs
Marion	Outing	Marion	Outing
Michael	Gym/Outing	Michael	IA&DPS or Tues am
Selina	Menus & IA&DPs	Selina	Computer
Tina	Computer	Tina	Dining room

Tues	AM		PM
Staff	Activity/Area	Staff	Activity/Area
Amy	Swim/Sail	Amy	Games room
Diane	Computers	Diane	Manicures
George	Swim	George	Fete
Jean	Members Kitchen	Jean	Dining room
Karen	Dining room & Fete	Karen	Rehab
Lisa	Art	Lisa	Art
Luke	Computers	Luke	Various as required
Lynne	Scrapbooks	Lynne	Crafts
Marion	IA&DPs /swim/Sail	Marion	Various as required
Michael	Swim/Sail	Michael	Games room
Selina	Crafts	Selina	Crafts
Tina	Menus & IA&DPs	Tina	Computers

Wed	AM		PM
Staff	Activity/Area	Staff	Activity/Area
Amy	Various as required	Amy	Swim
Diane	Various as required	Diane	Games room
George	workshop	George	workshop
Jean	Computer	Jean	Crafts
Karen	Games room	Karen	IA&DPs
Lisa	Art	Lisa	Art
Luke	Menus & IA&DPs	Luke	Members Kitchen
Lynne	Members Kitchen	Lynne	Swim
Michael	workshop	Michael	Computers
Selina	Crafts	Selina	Dining room
Tina	Crafts	Tina	Crafts

Thur	AM		PM
Staff	Activity/Area	Staff	Activity/Area
Amy	Games room	Amy	Crafts
Diane	Crafts	Diane	Members Kitchen
George	Various as required	George	workshop
Jean	Menus & IA&DPs	Jean	Games room
Karen	Bowling	Karen	Bowling
Lisa	Members Kitchen	Lisa	IA&DPs
Luke	Crafts	Luke	workshop
Lynne	IA&DPs	Lynne	IA&DPs
Marion	Bowling	Marion	Bowling
Michael	Bowling	Michael	Bowling
Selina	Dining room	Selina	Dining room
Tina	Computers	Tina	Computers

Fri	AM		PM
Staff	Activity/Area	Staff	Activity/Area
Diane	Sports	Diane	Manicures
George	Menus & IA&DPs	George	workshop
Jean	Sports	Jean	Craft
Karen	Sports	Karen	Members kitchen
Lisa	Sports	Lisa	Art
Luke	Sports	Luke	Games Room
Lynne	Various as required	Lynne	Scrapbooks
Michael	Gym & Sports	Michael	workshop
Selina	Sports	Selina	Dining room
Tina	Sports	Tina	Computers
		Marion	Shanty singing

Members of Centre 81's Skill Centre have the opportunity to become involved in a wide range of activities throughout the week. Facilities at Centre 81 are well used to support members in their choice of activities. Other activities take place in the wider community including Oulton Broad, Tide and Time Muesum, Kings Centre, Palace Bingo and the Family Bowl in Lowestoft as well as the Marina Centre to name a few. If this sounds far too hectic there is always somewhere to go both indoors or in the gardens to curl up with a book or maybe you wish to develop your culinary skills. Board games, playing on the Wii, a game of pool or darts could appeal to you more. At Centre 81 there is always a choice including our late start evenings, BBQs and other events.