

# Health and Wellbeing

## TIMETABLE

### Seniors

#### TUESDAY

**Nails**

**Catch ups**

**Hair dressing lessons**

**Hot Topics**

**UniLegends ( 30 mins)**

**Meditation/chill out**

#### THURSDAY

**Catch Ups**

**Hair Styling**

**Hair dressing Lessons**

**Movies**

#### FRIDAY

**Drop In**

**Catch ups**

**Hair dressing**

**Nails**

**Debate**

**Chill out**

**Meditation**

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