

# SAMPLE ITINERARY

## SUNDAY

- Check in after 3.30pm
- FREE tea, coffee & scones on arrival
- Live music & dancing in the Castlecourt Hotel

## MONDAY

- Welcome morning with our Golden Girl
- Spa Sula talk & demonstration
- Bad Bob's cookery demonstration
- Table quiz
- Live music & dancing in the Castlecourt Hotel

## TUESDAY

- Day trip
- Aqua aerobics
- Historical presentation on Westport Town
- Live music & dancing in the Castlecourt Hotel

## WEDNESDAY

- Day trip
- Active '55 exercise class
- Bingo
- Live music & dancing in the Castlecourt Hotel

## THURSDAY

- Time out to do as you please!
- Aqua aerobics
- Live music & dancing in the Castlecourt Hotel



*guests at the welcome talk*