

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
<p>Music Always ensemble three FREE concert Thursday 9th November 10.45am for an 11.00am start</p>		1 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	2 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery	3 Day Trip Ringwood RSL 9.00am Hairdressing 9.00am Podiatry (Marwal) 9.00am Exercise Physiology	4	5
6 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC-Connected - Tech Help	7 OFFICE CLOSED MELBOURNE CUP DAY Public Holiday	8 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	9 10.00am Exercise Class (*A) (Sharrott) 10am /11.00am Exercise Class (*I) (Marwal) 11.00am Music Always 12.30pm Lunch 1.30pm Seniors Yoga 2.00pm Pottery 2.00pm Music Memories	10 Day Trip Fairy Mountain Chinese Restaurant, Monbulk 9.00am Hairdressing (Marwal) 9.00am Podiatry 9.00am Exercise Physiology	11	12
13 Day Trip Boroondara Blokes, Upper Ferntree Gully Hotel 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected - Tech Help	14 Day Trip MCG Tour 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected - Tech Help 1.30pm Falls Prevention	15 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	16 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery	17 Day Trip McClelland Gallery, Langwarrin 9.00am Hairdressing 9.00am Podiatry (Marwal) 9.00am Exercise Physiology	18	19
20 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC-Connected - Tech Help	21 Day Trip Drive to Sorrento 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected - Tech Help 1.30pm Falls Prevention	22 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group - Chinese Performance Special 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	23 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 2.00pm Pottery 2.00pm Music Memories	24 Day Trip Papa Gino's Lygon St, Carlton 9.00am Hairdressing (Marwal) 9.00am Podiatry 9.00am Exercise Physiology 10.30am Friday Flicks!	25	26
27 Day Trip Boroondara Blokes, Lilydale Lake and Crown Hotel 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected - Tech Help	28 Day Trip Whittlesea Bowls Club, Whittlesea 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected - Tech Help 1.30pm Falls Prevention	29 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Social Committee 1.30pm Movie 1.30pm Activities Committee Meeting	30 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.00am Music Always 12.30pm Lunch 1.30pm Seniors Yoga 2.00pm Pottery	Bookings essential for all activities 9880 4709 Exercise Classes* Novice = (*N) Tuesdays Intermediate = (*I) Wednesdays & Thursdays Advanced = (*A) Wednesdays & Thursdays Exercise Physiology available by appointment		

* Prices listed are for recipients of the Commonwealth Home Support Program subsidy. To receive this subsidy you will need a My Aged Care number and referral. Please call **9880 4709** to be advised of the standard cost.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN
				<p>Bookings essential for all activities 9880 4709</p> <p>Exercise Classes*</p> <p>Novice = (*N) Tuesdays Intermediate = (*I) Wednesdays & Thursdays Advanced = (*A) Wednesdays & Thursdays</p> <p>Exercise Physiology available by appointment</p>				<p>1</p> <p>Day Trip Wandin Lavender Farm, Wandin</p> <p>9.00am Hairdressing 9.00am Podiatry (Marwal) 9.00am Exercise Physiology</p>		2	3
4	5	6	7	8	9	10					
<p>Day Trip Outlet Shopping Trip – Noni B, Nunawading</p> <p>10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC-Connected – Tech Help</p>	<p>Day Trip Pink Hill Bistro, Beaconsfield</p> <p>10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention</p>	<p>10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie</p>	<p>10.00am Exercise Class (*A) Exercise Class (*I) (Marwal) 10am /11.00am SCRABBLE 1.30pm Music Memories 1.30pm Seniors Yoga 2.00pm Pottery</p>	<p>Day Trip Frankston Arts Centre, Christmas Spectacular</p> <p>9.00am Hairdressing (Marwal) 9.00am Podiatry 9.00am Exercise Physiology</p>							
11	12	13	14	15	16	17					
<p>Day Trip Boorondara Blokes – The Royal Hotel, Koo Wee Rup</p> <p>10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected – Tech Help</p>	<p>Day Trip Bayview Restaurant, Mornington Golf Course</p> <p>10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help</p>	<p>10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.15pm Christmas Lunch</p>	<p>10.00am Exercise Class (*A) Exercise Class (*I) (Marwal) 10am /11.00am Seniors Yoga 1.30pm Pottery 2.00pm</p>	<p>Day Trip Pig and Whistle, Olinda</p> <p>9.00am Hairdressing 9.00am Podiatry (Marwal) 9.00am Exercise Physiology</p>							
18	19	20	21	22	23	24					
<p>10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong</p>	<p>Day Trip Berwick Botanic Gardens and Lava Restaurant, Berwick</p> <p>10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch</p>	<p>10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Mail Out Working Bee</p>	<p>10.00am Exercise Class (*A) Exercise Class (*I) (Marwal) 10am /11.00am Music Memories 2.00pm</p>	<p>9.00am Hairdressing (Marwal) 9.00am Podiatry 9.00am Exercise Physiology</p>							
25	26	27	28	29	30	31					
<p>Office closed 12.00pm Christmas Lunch</p>											

Office closed until Tuesday 2nd January 2024

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