

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN
1	Day Trip Boroondara Blokes – Jurassic Jungle, Bayswater 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC Connected – Tech Help 1.30pm Mahjong	2	Day Trip Bridge Inn Hotel, Mernda 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC Connected – Tech Help	3	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group-NAIDOC week special 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	4	10 / 11am Exercise Class (*A/*N) 10 / 11am Exercise Class (*I) 1.30pm Seniors Yoga 1.30pm Scrabble 2.00pm Music Memories 2.00pm Pottery 2.30pm BC-Connected – Tech Help	5	Day Trip Beechworth Bakery, Healesville 9.00am Exercise Physiology 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.00am Chatty Cafe	6	7
8	9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC Connected – Tech Help	9	Day Trip Scienceworks, Spotswood 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC Connected – Tech Help	10	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	11	10am /11.00am Exercise Class (*A/*N) 10am /11.00am Exercise Class (*I) 1.30pm Seniors Yoga 2.00pm Pottery 2.30pm BC-Connected – Tech Help	12	Day Trip Oriental Paradise, Lilydale 9.00am Exercise Physiology 9.00am Hairdressing 9.00am Podiatry (Marwal) 10.00am Chatty Cafe	13	14
15	Day Trip Boroondara Blokes – Baccus Marsh Lookout 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC Connected – Tech Help 1.30pm Mahjong	16	Day Trip Garfield Hotel, Garfield 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	17	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	18	Day Trip Pharaoh Exhibition, NGV 10am /11.00am Exercise Class (*A/*N) 10am /11.00am Exercise Class (*I) 1.30pm Seniors Yoga 1.30pm Scrabble 2.00pm Music Memories 2.00pm Pottery 2.30pm BC-Connected – Tech Help	19	Day Trip Phoenix & Co Restaurant, Plenty 9.00am Exercise Physiology 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.00am Chatty Cafe	20	21
22	9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC Connected – Tech Help	23	Day Trip Geelong Art Gallery Tour 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	24	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.15pm Christmas in July 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	25	10 / 11am Exercise Class (*A/*N) 10 / 11am Exercise Class (*I) 1.30pm Seniors Yoga 2.00pm Pottery 2.30pm BC-Connected – Tech Help	26	Day Trip Ikea, Springvale 9.00am Exercise Physiology 9.00am Hairdressing 9.00am Podiatry (Marwal) 10.00am Chatty Cafe 10.30am Friday Flicks	27	28
29	Day Trip Boroondara Blokes – Garden World, Braeside 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC Connected – Tech Help	30	Day Trip Ripe Cafe, Sassafra 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention	31	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	<div style="position: absolute; top: 10px; left: 10px; background-color: #008080; color: white; padding: 5px; border-radius: 50%; width: 40px; text-align: center;">Book Today</div> <div style="position: absolute; top: 30px; left: 10px; background-color: #008080; color: white; padding: 5px; border-radius: 50%; width: 40px; text-align: center;">\$35</div>					

CHRISTMAS IN JULY

Join us for a three-course lunch full of your traditional festive favourites! There will be music, prizes, drinks and all the special trimmings.

**Wednesday
24th July
12.15pm – 2.30pm**

Please book and pay by Friday, 19th July
Canterbury Centre, 2 Rochester Road, Canterbury

Transport: \$5 each way (bookings required & conditions apply)

* 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>New! Chatty Cafe <i>Keeping your community connected</i></p> <p>Chatty Cafe aims to get people chatting and encourage social connections within the local community. Chatting is such a simple concept but so important for your mental and physical health. Join us for a cuppa and conversation each Friday at the Canterbury Centre.</p>		<p>FREE</p>		<p>Friday, weekly 10.00am – 11.30am</p> <p>At The Canterbury Centre, 2 Rochester Road, Canterbury</p>		<p>1</p> <p>10 / 11am 10 / 11am 1.30pm 1.30pm 2.00pm 2.00pm 2.30pm</p> <p>Exercise Class (*A/*N) Exercise Class (*I) (Marwal) Seniors Yoga Scrabble Music Memories Pottery BC-Connected – Tech Help</p>		<p>2</p> <p>Day Trip 9.00am 9.00am 9.00am 10.00am 10.30am</p> <p>Warburton Exercise Physiology Hairdressing (Marwal) Podiatry Chatty Cafe Android Phone Digital Course</p>		3	4
5	<p>Shopping Trip 9.00am 10.00am 10.00am 12.30pm 1.30pm 1.30pm 1.30pm</p> <p>European Grocery Store, Croydon Exercise Physiology Art Class Tai Chi Lunch Brain Games BC Connected – Tech Help Mahjong</p>	6	<p>Day Trip 9.00am 10.00am 11.15am 12.30pm 1.30pm 1.30pm</p> <p>Scenic trip to Yea Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention</p>	7	<p>9.00am 10.00am 11.00am 10.30am 12.30pm 1.30pm 1.30pm 1.30pm</p> <p>Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Movie Social Stitchers Premmie Knitting Group</p>	8	<p>10am / 11.00am 10am / 11.00am 1.30pm 2.00pm 2.30pm</p> <p>Exercise Class (*A/*N) Exercise Class (*I) (Marwal) Seniors Yoga Pottery BC-Connected – Tech Help</p>	9	<p>Day Trip 9.00am 9.00am 10.00am 10.30am</p> <p>Some Enchanted Evening, Frankston Arts Centre Exercise Physiology Hairdressing Podiatry (Marwal) Chatty Cafe Android Phone Digital Course</p>	10	11
12	<p>Day Trip 9.00am 10.00am 10.00am 12.30pm 1.30pm 1.30pm</p> <p>Boroondara Blokes – RC Garage Hobby Store, Boronia Exercise Physiology Art Class Tai Chi Lunch Brain Games BC-Connected – Tech Help</p>	13	<p>Day Trip 9.00am 10.00am 11.15am 12.30pm 1.30pm 1.30pm</p> <p>Stamford Hotel, Rowville Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention</p>	14	<p>9.00am 10.00am 11.00am 10.30am 12.30pm 1.30pm 1.30pm 1.30pm</p> <p>Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Movie Social Stitchers Premmie Knitting Group</p>	15	<p>10am / 11.00am 10am / 11.00am 1.30pm 1.30pm 2.00pm 2.00pm 2.30pm</p> <p>Exercise Class (*A/*N) Exercise Class (*I) (Marwal) Seniors Yoga Scrabble Music Memories Pottery BC-Connected – Tech Help</p>	16	<p>Day Trip 9.00am 9.00am 9.00am 10.00am 10.30am</p> <p>Lady Lavender Tea Rooms, Bunyip Exercise Physiology Hairdressing (Marwal) Podiatry Chatty Cafe Android Phone Digital Course</p>	17	18
19	<p>9.00am 10.00am 10.00am 1.30pm 1.30pm 1.30pm</p> <p>Exercise Physiology Art Class Tai Chi Brain Games BC-Connected – Tech Help Mahjong</p>	20	<p>Day Trip 9.00am 10.00am 11.15am 12.30pm 1.30pm 1.30pm</p> <p>Pentridge Prison, Coburg Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention</p>	21	<p>9.00am 10.00am 11.00am 11.00am 12.30pm 1.30pm 1.30pm 1.30pm 1.30pm</p> <p>Exercise Physiology Exercise Class (*I) Exercise Class (*A) Music Performance Lunch Movie Social Stitchers Premmie Knitting Group Working Bee</p>	22	<p>10am / 11.00am 10am / 11.00am 1.30pm 2.00pm 2.30pm</p> <p>Exercise Class (*A/*N) Exercise Class (*I) (Marwal) Seniors Yoga Pottery BC-Connected – Tech Help</p>	23	<p>Day Trip 9.00am 9.00am 9.00am 10.00am 12.00pm</p> <p>Stone House Cafe, Warrandyte Exercise Physiology Hairdressing Podiatry (Marwal) Chatty Cafe Activities Committee Chat with Elizabeth</p>	24	25
26	<p>Day Trip 9.00am 10.00am 10.00am 12.30pm 1.30pm 1.30pm</p> <p>Boroondara Blokes – Brighton Beach Hotel, Brighton Exercise Physiology Art Class Tai Chi Lunch Brain Games BC-Connected – Tech Help</p>	27	<p>Day Trip 9.00am 10.00am 11.15am 12.30pm 1.30pm 1.30pm</p> <p>Costello's Tavern, Croydon Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention</p>	28	<p>9.00am 10.00am 11.00am 10.30am 12.30pm 1.30pm 1.30pm 1.30pm</p> <p>Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Movie Social Stitchers Premmie Knitting Group</p>	29	<p>10am / 11.00am 10am / 11.00am 1.30pm 2.00pm 2.00pm 2.30pm</p> <p>Exercise Class (*A/*N) Exercise Class (*I) (Marwal) Seniors Yoga Music Memories Pottery BC-Connected – Tech Help</p>	30	<p>Day Trip 9.00am 9.00am 9.00am 10.00am 10.30am</p> <p>Healesville RACV Country Club Exercise Physiology Hairdressing (Marwal) Podiatry Chatty Cafe Friday Flicks</p>	31	

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