

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3	4	5	6	7
	<b>9.00am</b> Exercise Physiology 10.00am Art Class 10.00am Tai Chi <b>12.30pm</b> Lunch 1.30pm Brain Games 1.30pm Mahjong	<b>Day Trip</b> Panton Hill Hotel, Panton Hill <b>9.00am</b> Exercise Physiology <b>10.00am</b> Exercise Class (*N) <b>11.15am</b> Exercise Class (*N) <b>12.30pm</b> Lunch 1.30pm BC Connected – Tech Help <b>1.30pm</b> Falls Prevention	<b>9.00am</b> Exercise Physiology <b>10.00am</b> Exercise Class (*I) <b>11.00am</b> Exercise Class (*A) 10.30am Lifelong Learning Group <b>12.30pm</b> Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	9.30am BC-Connected – Tech Help 10am / 11am Exercise Class (*A/*N) 10am / 11am Exercise Class (*I) (Marwal) <b>1.30pm</b> Seniors Yoga 2.00pm Pottery	<b>Day Trip</b> Kinglake Pub, Kinglake <b>9.00am</b> Exercise Physiology 9.00am Hairdressing 9.00am Podiatry (Marwal) 10.00am Chatty Cafe	
8	<b>Day Trip</b> Boroondara Blokes Tatiana's Kitchen, Monbulk <b>9.00am</b> Exercise Physiology 10.00am Art Class 10.00am Tai Chi <b>12.30pm</b> Lunch 1.30pm Brain Games	<b>Day Trip</b> Yarra Valley Chocolaterie, Yarra Valley <b>9.00am</b> Exercise Physiology <b>10.00am</b> Exercise Class (*N) <b>11.15am</b> Exercise Class (*N) <b>12.30pm</b> Lunch 1.30pm BC Connected – Tech Help <b>1.30pm</b> Falls Prevention	<b>9.00am</b> Exercise Physiology <b>10.00am</b> Exercise Class (*I) <b>11.00am</b> Exercise Class (*A) 10.30am Lifelong Learning Group <b>12.30pm</b> Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	9.30am BC-Connected – Tech Help 10am / 11.00am Exercise Class (*A/*N) 10am / 11.00am Exercise Class (*I) (Marwal) <b>1.30pm</b> Seniors Yoga 2.00pm Pottery 2.00pm Music Memories	<b>Day Trip</b> Pearl Garden Chinese Restaurant, Upwey <b>9.00am</b> Exercise Physiology 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.00am Chatty Cafe <b>12.00pm</b> Activity Committee Meeting	14
15	<b>Day Trip</b> Shopping Outing – DFO Docklands <b>9.00am</b> Exercise Physiology 10.00am Art Class 10.00am Tai Chi <b>12.30pm</b> Lunch 1.30pm Brain Games 1.30pm Mahjong	<b>Day Trip</b> Club Ringwood, Ringwood <b>9.00am</b> Exercise Physiology <b>10.00am</b> Exercise Class (*N) <b>11.15am</b> Exercise Class (*N) <b>12.30pm</b> Lunch 1.30pm BC-Connected – Tech Help <b>1.30pm</b> Falls Prevention <b>2.00pm</b> Cheese and Wine Event	<b>9.00am</b> Exercise Physiology <b>10.00am</b> Exercise Class (*I) <b>11.00am</b> Exercise Class (*A) 10.30am Lifelong Learning Group <b>12.30pm</b> Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	9.30am BC-Connected – Tech Help 10am / 11.00am Exercise Class (*A/*N) 10am / 11.00am Exercise Class (*I) (Marwal) <b>1.30pm</b> Seniors Yoga 2.00pm Pottery	<b>Day Trip</b> King Henry's Restaurant, Sassafras <b>9.00am</b> Exercise Physiology 9.00am Hairdressing 9.00am Podiatry (Marwal) 10.00am Chatty Cafe	21
22	<b>Day Trip</b> Boroondara Blokes – Tyabb Antiques and Cafe <b>9.00am</b> Exercise Physiology 10.00am Art Class 10.00am Tai Chi <b>12.30pm</b> Lunch 1.30pm Brain Games	<b>Day Trip</b> Customs House Hotel, Williamstown <b>9.00am</b> Exercise Physiology <b>10.00am</b> Exercise Class (*N) <b>11.15am</b> Exercise Class (*N) <b>12.30pm</b> Lunch 1.30pm BC-Connected – Tech Help <b>1.30pm</b> Falls Prevention	<b>9.00am</b> Exercise Physiology <b>10.00am</b> Exercise Class (*I) <b>11.00am</b> Exercise Class (*A) <b>10.30am</b> Footy Fever <b>12.30pm</b> Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	9.30am BC-Connected – Tech Help 10am / 11am Exercise Class (*A/*N) 10am / 11am Exercise Class (*I) (Marwal) <b>1.30pm</b> Seniors Yoga 2.00pm Pottery 2.00pm Music Memories	<b>Day Trip</b> Crackerjack Seafront Restaurant, Seaford <b>9.00am</b> Exercise Physiology 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.00am Chatty Cafe 10.30am Friday Flicks	28
29	<b>9.00am</b> Exercise Physiology 10.00am Art Class 10.00am Tai Chi <b>12.30pm</b> Lunch 1.30pm Brain Games 1.30pm Art Appreciation			Bookings essential for all activities <b>9880 4709</b> <b>Exercise Classes*</b> Novice = (*N) Tuesdays Intermediate = (*I) Wednesdays & Thursdays Advanced = (*A) Wednesdays & Thursdays <b>Exercise Physiology available by appointment</b>		

\* 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 <b>9880 4709</b></p> <p><b>Exercise Classes*</b></p> <p>Novice = (*N)      Tuesdays Intermediate = (*I)      Wednesdays &amp; Thursdays Advanced = (*A)      Wednesdays &amp; Thursdays</p> <p><b>Exercise Physiology available by appointment</b></p>						
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<p><b>Day Trip</b> <b>Old Jetty Tea Rooms, Tooradin</b></p> <p>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</p>	<p>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</p>	<p>9.30am BC-Connected – Tech Help 10am/ 11am Exercise Class (*A/*N) 10am / 11am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 2.00pm Pottery</p>	<p><b>Day Trip</b> <b>Nina Simone, Frankston Arts Centre</b></p> <p>9.00am Exercise Physiology 9.00am Hairdressing 10.00am Podiatry (Marwal) Chatty Cafe</p>		
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p><b>Day Trip</b> <b>Boroondara Blokes – Greensborough RSL</b></p> <p>9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong</p>	<p><b>Day Trip</b> <b>Ripponlea Estate</b></p> <p>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</p>	<p>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</p>	<p>9.30am BC-Connected – Tech Help 10am / 11am Exercise Class (*A/*N) 10am / 11am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 2.00pm Pottery 2.00pm Music Memories</p>	<p><b>Day Trip</b> <b>George's Training Restaurant, Preston</b></p> <p>9.00am Exercise Physiology 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.00am Chatty Cafe</p>		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p><b>Senior's Week</b></p> <p>9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games – Fred Astair Special 1.30pm Mastering Mobile Phone Photography</p>	<p><b>Day Trip</b> <b>Berwick Inn, Berwick</b></p> <p>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</p>	<p>9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 11.00am Live Music 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group</p>	<p>9.30am BC-Connected – Tech Help 10am / 11am Exercise Class (*A/*N) 10am / 11am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 2.00pm Pottery 2.00pm Special Music Memories – Sing-along Session</p>	<p><b>Day Trip</b> <b>Eagle Summit Cafe, Arthur's Seat</b></p> <p>9.00am Exercise Physiology 9.00am Hairdressing 9.00am Podiatry (Marwal) 10.00am Chatty Cafe 10.30am Friday Flicks – Senior's Week Special "South Pacific"</p>		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>Day Trip</b> <b>Boroondara Blokes – Whittlesea Markets</b></p> <p>9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong</p>	<p><b>Day Trip</b> <b>Ricket's Point, Beaumaris</b></p> <p>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</p>	<p>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 1.30pm Working Bee</p>	<p>9.30am BC-Connected – Tech Help 10am /11.00am Exercise Class (*A/*N) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 2.00pm Pottery 2.00pm Music Memories</p>	<p><b>Day Trip</b> <b>Kurang Native Nursery, Mt Evelyn</b></p> <p>9.00am Exercise Physiology 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.00am Chatty Cafe</p>		
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<p><b>TIMELESS TUNES OF THE 50'S AND 60'S</b></p> <p>Wednesday <b>16th October</b> 10.45am for an 11.00am start</p>		
<p>9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games</p>	<p><b>Day Trip</b> <b>Scenic Trip to Marysville</b></p> <p>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</p>	<p>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</p>	<p><b>Day Trip</b> <b>Mystery Outing</b></p> <p>9.30am BC-Connected – Tech Help 10am /11.00am Exercise Class (*A/*N) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 2.00pm Pottery</p>			

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