

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN
								1	2	3	
BRAIN GAMES! Mondays 1.30 - 2.30pm \$7		Scottish Highland Dancing Performance \$15* 20th November Wednesday 10.30am A three-course UK roast beef "hot dinner" will follow with all the trimmings as a special lunch, \$15*. Join Trish for a morning of Scottish trivia and dancing! Bookings essential for session and lunch		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		Day Trip Tooradin Sports Club, Tooradin 9.00am Hairdressing 9.00am Podiatry (NBSC) 9.00am Chinese Cultural Group 10.00am Chatty Cafe					
4	Day Trip Boroondara Blokes – Pop-A-Pie, Hastings 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong	OFFICE CLOSED MELBOURNE CUP Public Holiday		6	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	7	10.30am BC-Connected – Tech Help 10am /11.00am Exercise Class (*A/*N) 10am /11.00am Exercise Class (*I) (NBSC) 1.30pm Seniors Yoga 2.00pm Pottery 2.00pm Music Memories	8	Day Trip Spencer's Store, Gembrook 9.00am Hairdressing (NBSC) 9.00am Podiatry 9.00am Chinese Cultural Group 10.00am Chatty Cafe	9	10
11	9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games	12	Day Trip St Kilda Botanic Gardens, St Kilda 9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	13	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	14	10.30am BC-Connected – Tech Help 10am /11.00am Exercise Class (*A/*N) 10am /11.00am Exercise Class (*I) (NBSC) 1.30pm Seniors Yoga 2.00pm Pottery	15	Day Trip Paradigm Shift Exhibition, UP Gallery, Sassafras 9.00am Hairdressing 9.00am Podiatry (NBSC) 9.00am Chinese Cultural Group 10.00am Chatty Cafe	16	17
18	Day Trip Boroondara Blokes – Iron River Bar & Grill, Frankston 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong	19	Day Trip Stoney's, Maddingley 9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	20	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Scottish Highland Dancing Performance 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	21	10.30am BC-Connected – Tech Help 10am /11.00am Exercise Class (*A/*N) 10am /11.00am Exercise Class (*I) (NBSC) 1.30pm Seniors Yoga 2.00pm Pottery 2.00pm Music Memories	22	Day Trip Caldermeade Farm, Caldermeade 9.00am Hairdressing (NBSC) 9.00am Podiatry 9.00am Chinese Cultural Group 10.00am Chatty Cafe	23	24
25	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 Mastering Mobile Phone APPS	26	Day Trip Yang's Noodles and Dumplings Restaurant, Heathmont 9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	27	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	28	Special Outing Beleura House Tour, Mornington 10.30am BC-Connected – Tech Help 10am /11.00am Exercise Class (*A/*N) 10am /11.00am Exercise Class (*I) (NBSC) 1.30pm Seniors Yoga 2.00pm Pottery	29	Day Trip St Andrews Hotel, St Andrews 9.00am Hairdressing 9.00am Podiatry (NBSC) 9.00am Chinese Cultural Group 10.00am Chatty Cafe 10.00am Friday Flicks (Samarinda)	30	

* 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.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3	4	5	6	7
	Day Trip Boroondara Blokes – Tooradin Bakery and Esplanade 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong	Day Trip Rhododendron Gardens, Olinda 9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC Connected – Tech Help	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	10.30am BC-Connected – Tech Help 10am / 11am Exercise Class (*A/*N) 10am / 11am Exercise Class (*I) (NBSC) 1.30pm Seniors Yoga 2.00pm Music Memories	Day Trip Scenic drive to Corinella 9.00am Hairdressing (NBSC) 9.00am Podiatry 9.00am Chinese Cultural Group 10.00am Chatty Cafe	
8	9	10	11	12	13	14
	Day Trip Shopping Trip – Sassafra 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games	Day Trip Woori Yallock Historical Site 9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC Connected – Tech Help	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 12.15pm Christmas Luncheon 1.30pm Social Stitches	10.30am BC-Connected – Tech Help 10am / 11.00am Exercise Class (*A/*N) 10am / 11.00am Exercise Class (*I) (NBSC) 1.30pm Seniors Yoga	Day Trip Christmas Music Special, Frankston Arts Centre 9.00am Hairdressing 9.00am Podiatry (NBSC) 9.00am Chinese Cultural Group 10.00am Chatty Cafe	
15	16	17	18	19	20	21
	Day Trip Boroondara Blokes – BBQ at Gateway Reserve, Lilydale 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong	Day Trip Season's Restaurant Cloudehill, Olinda 9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.15pm Christmas Luncheon (Samarinda) 12.30pm Lunch 1.30pm Movie	10.30am BC-Connected – Tech Help 10am / 11.00am Exercise Class (*A/*N) 10am / 11.00am Exercise Class (*I) (NBSC) 1.30pm Seniors Yoga 2.00pm Music Memories	9.00am Hairdressing (NBSC) 9.00am Podiatry 9.00am Chinese Cultural Group	
22	23	24	25	26	27	28
	OFFICE CLOSED	OFFICE CLOSED		Canterbury Centre closed until 6th January 2025		
29	30	31				

Bookings essential for all activities 9880 4709

Exercise Classes*

Novice = (*N)

Intermediate = (*I)

Advanced = (*A)

Tuesdays

Wednesdays & Thursdays

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.