

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
		1	2	3	4	5
		<p>.....</p> <p>OFFICE CLOSED</p> <p>.....</p>	<p>.....</p> <p>OFFICE CLOSED</p> <p>.....</p>	<p>.....</p> <p>OFFICE CLOSED</p> <p>.....</p>		
6	7	8	9	10	11	12
<p>9.00am Exercise Physiology</p> <p>10.00am Art Class</p> <p>1.30pm Brain Games</p>	<p>9.00am Exercise Physiology</p> <p>10.00am Exercise Class (*I)</p> <p>11.15am Exercise Class (*N)</p>	<p>9.00am Exercise Physiology</p> <p>10.00am Exercise Class (*I)</p> <p>11.00am Exercise Class (*A)</p> <p>10.30am Lifelong Learning Group</p> <p>12.30pm Lunch</p> <p>1.30pm Movie</p>	<p>10am / 11am Exercise Class (*A/*N)</p> <p>10am / 11am Exercise Class (*I) (NBSC)</p> <p>1.30pm Seniors Yoga</p>	<p>9.00am Hairdressing (NBSC)</p> <p>9.00am Podiatry</p> <p>9.00am Chinese Cultural Group</p>		
13	14	15	16	17	18	19
<p>Day Trip Boroondara Blokes – Sanga’s Landing, Warburton</p> <p>9.00am Exercise Physiology</p> <p>10.00am Art Class</p> <p>12.30pm Lunch</p> <p>1.30pm Brain Games</p>	<p>Day Trip Long Beach RSL, Chelsea</p> <p>9.00am Exercise Physiology</p> <p>10.00am Exercise Class (*I)</p> <p>11.15am Exercise Class (*N)</p> <p>12.30pm Lunch</p> <p>1.30pm BC-Connected – Tech Help</p>	<p>9.00am Exercise Physiology</p> <p>10.00am Exercise Class (*I)</p> <p>11.00am Exercise Class (*A)</p> <p>10.30am Lifelong Learning Group</p> <p>12.30pm Lunch</p> <p>1.30pm Movie</p>	<p>10.30am BC-Connected – Tech Help</p> <p>10am / 11am Exercise Class (*A/*N)</p> <p>10am / 11am Exercise Class (*I) (NBSC)</p> <p>1.30pm Seniors Yoga</p> <p>2.00pm Music Memories</p>	<p>Day Trip Watsonia RSL, Watsonia</p> <p>9.00am Hairdressing</p> <p>9.00am Podiatry (NBSC)</p> <p>9.00am Chinese Cultural Group</p> <p>10.00am Chatty Cafe</p>		
20	21	22	23	24	25	26
<p>9.00am Exercise Physiology</p> <p>10.00am Art Class</p> <p>12.30pm Lunch</p> <p>1.30pm Brain Games</p> <p>1.30pm Mahjong</p>	<p>Day Trip Dandenong Market</p> <p>9.00am Exercise Physiology</p> <p>10.00am Exercise Class (*I)</p> <p>11.15am Exercise Class (*N)</p> <p>12.30pm Lunch</p> <p>1.30pm BC-Connected – Tech Help</p>	<p>9.00am Exercise Physiology</p> <p>10.00am Exercise Class (*I)</p> <p>11.00am Exercise Class (*A)</p> <p>10.30am Lifelong Learning Group</p> <p>12.30pm Lunch</p> <p>1.30pm Movie</p>	<p>10.30am BC-Connected – Tech Help</p> <p>10am / 11.00am Exercise Class (*A/*N)</p> <p>10am / 11.00am Exercise Class (*I) (NBSC)</p> <p>1.30pm Seniors Yoga</p>	<p>Day Trip The Patch Store, The Patch</p> <p>9.00am Hairdressing (NBSC)</p> <p>9.00am Podiatry</p> <p>9.00am Chinese Cultural Group</p> <p>10.00am Chatty Cafe</p>		
27	28	29	30	31		
<p>.....</p> <p>AUSTRALIA DAY PUBLIC HOLIDAY</p> <p>.....</p>	<p>Day Trip Oliver’s Corner, Frankston</p> <p>9.00am Exercise Physiology</p> <p>10.00am Exercise Class (*I)</p> <p>11.15am Exercise Class (*N)</p> <p>12.30pm Lunch</p> <p>1.30pm BC-Connected – Tech Help</p>	<p>9.00am Exercise Physiology</p> <p>10.00am Exercise Class (*I)</p> <p>11.00am Exercise Class (*A)</p> <p>10.30am Lifelong Learning Group</p> <p>12.15pm Aussie BBQ</p> <p>1.30pm Movie</p>	<p>10.30am BC-Connected – Tech Help</p> <p>10am / 11.00am Exercise Class (*A/*N)</p> <p>10am / 11.00am Exercise Class (*I) (NBSC)</p> <p>1.30pm Seniors Yoga</p> <p>2.00pm Music Memories</p>	<p>Day Trip Sorrento Muesum, Sorrento</p> <p>9.00am Hairdressing</p> <p>9.00am Podiatry (NBSC)</p> <p>9.00am Chinese Cultural Group</p> <p>10.00am Chatty Cafe</p>		

* 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

1 2

Valentine's Day Love and Sundaes

\$20

Wednesday
February 19th

12.30pm

RSVP – Bookings essential by Friday 14th February
 Canterbury Centre, 2 Rochester Road, Canterbury



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

3	4	5	6	7	8	9
Day Trip Shopping Trip – Savers and NQR, Narre Warren 9.00am Exercise Physiology 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong	Day Trip Whistle Stop Bistro, New Gisborne 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	10.30am BC-Connected – Tech Help 10am / 11am Exercise Class (*A/*N) 10am / 11am Exercise Class (*I) (NBSC) 1.30pm Seniors Yoga	Day Trip Frankston Arts Centre 9.00am Hairdressing (NBSC) 9.00am Podiatry 9.00am Chinese Cultural Group 10.00am Chatty Cafe		
10	11	12	13	14	15	16
Day Trip Boroondara Blokes – Ducky Cafe, Seville 9.00am Exercise Physiology 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games 1.30pm iPhone Course	Day Trip Peninsula Club, Dromana 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 10.30am Samarinda Tour 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting	Day Trip Yayoi Kusuma Collection, NGV 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 1000 Steps Cafe, Upper Ferntree Gully 9.00am Hairdressing 9.00am Podiatry (NBSC) 9.00am Chinese Cultural Group 10.00am Chatty Cafe		
17	18	19	20	21	22	23
9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm iPhone Course 1.30pm Mahjong	Day Trip Williamstown 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 Valentine's Day – Love and Sundaes 1.30pm Movie 1.30pm Social Stitchers 1.30pm Premmie Knitting Group	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 Northpoint Cafe, Brighton 9.00am Hairdressing (NBSC) 9.00am Podiatry 9.00am Chinese Cultural Group 10.00am Chatty Cafe		
24	25	26	27	28		
Day Trip Boroondara Blokes – Red Hill Baker, Balnarring 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm iPhone Course	Day Trip Angler's Tavern, Maribyrnong 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 / 11.00am Exercise Class (*A/*N) 10am / 11.00am Exercise Class (*I) (NBSC) 1.30pm Seniors Yoga 2.00pm Music Memories	Day Trip Kang's Wok Chinese Restaurant, Healesville 9.00am Hairdressing 9.00am Podiatry (NBSC) 9.00am Chinese Cultural Group 10.00am Chatty Cafe 1.30pm Friday Flicks (Samarinda)		

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