All activities, groups and lunch are at Canterbury Centre unless otherwise stated.

Bookings Essential 9880 4709

Canterbury Centre, 2 Rochester Road, Canterbury. North Balwyn Seniors Centre (NBSC), 9 Marwal Avenue, Balwyn North. Samarinda Community Centre 296 High Street, Ashburton

JANUARY 2025

MONDAY		THECDAY		WEDNESS	NAV.	THURSDAY		EDID AV		CAT	CLINI
MONDAY		TUESDAY		WEDNESI	JAY	THURSDAY		FRIDAY		SAT	SUN
Canterbury	\$35 Centre, 2 Rochester Road, Canterbury	Wednesda	ISSIE BBQ by 29th January 12.15pm Bookings essential by Friday 17th January		OFFICE CLOSED		OFFICE CLOSED		OFFICE CLOSED	4	5
6	schier, 2 nochester nodd, Camersar y	7	,	8		9		10		11	12
9.00am 10.00am 1.30pm	Exercise Physiology Art Class Brain Games	9.00am 10.00am 11.15am	Exercise Physiology Exercise Class (*I) Exercise Class (*N)	9.00am 10.00am 11.00am 10.30am 12.30pm 1.30pm	Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Movie	10am / 11am 10am / 11am 1.30pm	Exercise Class (*A/*N) Exercise Class (*I) (NBSC) Seniors Yoga	9.00am 9.00am 9.00am	Hairdressing (NBSC) Podiatry Chinese Cultural Group		
13		14		15		16		17		18	19
9.00am 10.00am 12.30pm 1.30pm	Boroondara Blokes – Sanga's Landing, Warburton Exercise Physiology Art Class Lunch Brain Games	Day Trip 9.00am 10.00am 11.15am 12.30pm 1.30pm	Long Beach RSL, Chelsea Exercise Physiology Exercise Class (*I) Exercise Class (*N) Lunch BC-Connected - Tech Help	9.00am 10.00am 11.00am 10.30am 12.30pm 1.30pm	Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Movie	10.30am 10am / 11am 10am / 11am 1.30pm 2.00pm	BC-Connected - Tech Help Exercise Class (*A/*N) Exercise Class (*I) (NBSC) Seniors Yoga Music Memories	9.00am 9.00am 9.00am 9.00am 10.00am	Watsonia RSL, Watsonia Hairdressing Podiatry (NBSC) Chinese Cultural Group Chatty Cafe		
20		21		22		23		24		25	26
9.00am 10.00am 12.30pm 1.30pm 1.30pm	Exercise Physiology Art Class Lunch Brain Games Mahjong	Day Trip 9.00am 10.00am 11.15am 12.30pm 1.30pm	Dandenong Market Exercise Physiology Exercise Class (*I) Exercise Class (*N) Lunch BC-Connected - Tech Help	9.00am 10.00am 11.00am 10.30am 12.30pm 1.30pm	Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Movie		BC-Connected - Tech Help Exercise Class (*A/*N) Exercise Class (*I) (NBSC) Seniors Yoga	9.00am 9.00am 9.00am 9.00am 10.00am	The Patch Store, The Patch Hairdressing (NBSC) Podiatry Chinese Cultural Group Chatty Cafe		
27		28		29		30		31			
PU	JSTRALIA DAY IBLIC HOLIDAY	Day Trip 9.00am 10.00am 11.15am 12.30pm 1.30pm	Oliver's Corner, Frankston Exercise Physiology Exercise Class (*I) Exercise Class (*N) Lunch BC-Connected - Tech Help	9.00am 10.00am 11.00am 10.30am 12.15pm 1.30pm	Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Aussie BBQ Movie		BC-Connected — Tech Help Exercise Class (*A/*N) Exercise Class (*I) (NBSC) Seniors Yoga Music Memories	9.00am 9.00am 9.00am 10.00am	Sorrento Muesum, Sorrento Hairdressing Podiatry (NBSC) Chinese Cultural Group Chatty Cafe		

Canterbury Centre, 2 Rochester Road, Canterbury. North Balwyn Seniors Centre (NBSC), 9 Marwal Avenue, Balwyn North. Samarinda Community Centre 296 High Street, Ashburton

FEBRUARY 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT SUN

1 2

Valentine's Day Love and Sundaes



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 &

Intermediate = (*I) Wednesdays & Thursdays Advanced = (*A) Wednesdays & Thursdays

Exercise Physiology available by appointment

	Canterbury Centre, 2 Rochester Road, Canterbury								cise Physiology available by appointment		
3		4		5		6		7		8	9
9.00am 10.00am 12.30pm 1.30pm 1.30pm	Shopping Trip – Savers and NQR, Narre Warren Exercise Physiology Art Class Lunch Brain Games Mahjong	9.00am 10.00am 11.15am 12.30pm 1.30pm	Whistle Stop Bistro, New Gisborne Exercise Physiology Exercise Class (*I) Exercise Class (*N) Lunch BC-Connected - Tech Help	9.00am 10.00am 11.00am 10.30am 12.30pm 1.30pm	Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Movie	10.30am 10am / 11am 10am / 11am 1.30pm	BC-Connected - Tech Help Exercise Class (*A/*N) Exercise Class (*I) (NBSC) Seniors Yoga	9.00am 9.00am 9.00am 10.00am	Frankston Arts Centre Hairdressing (NBSC) Podiatry Chinese Cultural Group Chatty Cafe		
10		11		12		13		14		15	16
9.00am 10.00am 12.30pm 1.30pm 1.30pm	Boroondara Blokes — Ducky Cafe, Seville Exercise Physiology Art Class Lunch Brain Games iPhone Course	Day Trip 9.00am 10.00am 11.15am 12.30pm 1.30pm	Peninsula Club, Dromana Exercise Physiology Exercise Class (*I) Exercise Class (*N) Lunch BC-Connected - Tech Help	9.00am 10.00am 11.00am 10.30am 10.30am 1.30pm 1.30pm 1.30pm	Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Samarinda Tour Movie Social Stitchers Premmie Knitting	Day Trip 10.30am 10am / 11am 10am / 11am 1.30pm 2.00pm	Yayoi Kusuma Collection, NGV BC-Connected - Tech Help Exercise Class (*A/*N) Exercise Class (*I) (NBSC) Seniors Yoga Music Memories	9.00am 9.00am 9.00am 10.00am	1000 Steps Cafe, Upper Ferntree Gully Hairdressing Podiatry (NBSC) Chinese Cultural Group Chatty Cafe		
17		18		19		20		21		22	23
9.00am 10.00am 10.00am 12.30pm 1.30pm 1.30pm 1.30pm	Exercise Physiology Art Class Tai Chi Lunch Brain Games iPhone Course Mahjong	Day Trip 9.00am 10.00am 11.15am 12.30pm 1.30pm	Williamstown Exercise Physiology Exercise Class (*I) Exercise Class (*N) Lunch BC-Connected - Tech Help	9.00am 10.00am 11.00am 10.30am 12.30pm 1.30pm 1.30pm 1.30pm	Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Valentine's Day - Love and Sundaes Movie Social Stitchers Premmie Knitting Group	10.30am 10am /11.00am 10am /11.00am 1.30pm	BC-Connected - Tech Help Exercise Class (*A/*N) Exercise Class (*I) (NBSC) Seniors Yoga	9.00am 9.00am 9.00am 9.00am 10.00am	Northpoint Cafe, Brighton Hairdressing (NBSC) Podiatry Chinese Cultural Group Chatty Cafe		
24		25		26		27		28			
9.00am 10.00am 10.00am 12.30pm 1.30pm	Boroondara Blokes – Red Hill Baker, Balnarring Exercise Physiology Art Class Tai Chi Lunch Brain Games iPhone Course	Day Trip 9.00am 10.00am 11.15am 12.30pm 1.30pm	Angler's Tavern, Maribyrnong Exercise Physiology Exercise Class (*I) Exercise Class (*N) Lunch BC-Connected - Tech Help	9.00am 10.00am 11.00am 10.30am 12.30pm 1.30pm 1.30pm 1.30pm	Exercise Physiology Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Movie Social Stitchers Premmie Knitting Group	10.30am 10am /11.00am 10am /11.00am 1.30pm 2.00pm	BC-Connected – Tech Help Exercise Class (*A/*N) Exercise Class (*I) (NBSC) Seniors Yoga Music Memories	9.00am 9.00am 9.00am 10.00am 1.30pm	Kang's Wok Chinese Restaurant, Healesville Hairdressing Podiatry (NBSC) Chinese Cultural Group Chatty Cafe Friday Flicks (Samarinda)		

^{*} 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.