BASScare

All activities, groups and lunch are at Canterbury Centre unless otherwise stated.
Bookings Essential 9880 4700

Canterbury Centre, 2 Rochester Road, Canterbury.

Marwal Centre, 9 Marwal Avenue, Balwyn North.

JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
25	**26**	**27**	**28**	**29**	**30**	**1**
						12.30PM Lunch
2 Outing Boroondara Blokes 11.00am Exercise Tai Chi/ Qigong 12.30pm Lunch 1.30pm Brain Games	**3** Outing Day Trip* 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance 1.45pm Cool Cats Music	**4** 10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 10.45am Special Presentation – Melbourne Cemeteries 12.30pm Lunch 1.00pm Craft 1.30pm Movie	**5** 9.00am Hairdresser (Marwal Centre Balwyn Nth) 10.00am Exercise Class 10.00am Exercise Class (Marwal Centre Balwyn Nth) 12.00pm Lunch (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Pottery 2.00pm Computer Assistance	**6** Outing Day Trip* 9.00am Podiatry 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance	**7**	**8** 12.30PM Lunch
9 11.00am Exercise Tai Chi/ Qigong 12.30pm Lunch 1.30pm Brain Games	**10** Outing Day Trip* 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance	**11** 10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 12.15pm Christmas In July Special Lunch 1.00pm Craft	**12** 10.00am Exercise Class 10.00am Exercise Class (Marwal Centre Balwyn Nth) 10.00am Fun with Film 12.00pm Lunch (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Pottery 2.00pm Computer Assistance	**13** Outing Day Trip* 9.00am Hairdresser 9.00am Podiatry (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance	**14**	**15** 12.30PM Lunch
16 Outing Boroondara Blokes 11.00am Exercise Tai Chi/ Qigong 12.30pm Lunch 1.30pm Brain Games	**17** Outing Day Trip 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance 1.45pm Cool Cats Music	**18** 10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 12.30pm Lunch 1.00pm Craft 1.30pm Movie	**19** 9.00am Hairdresser (Marwal Centre Balwyn Nth) 10.00am Exercise Class 10.00am Exercise Class (Marwal Centre Balwyn Nth) 10.00am Fun with Film 12.00pm Lunch (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Pottery 2.00pm Computer Assistance	**20** Outing Day Trip* 9.00am Podiatry 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance	**21**	**22** 12.30PM Lunch
23 11.00am Exercise Tai Chi/ Qigong 12.30pm Lunch 1.30pm 1.30pm Brain Games	**24** Outing Day Trip* 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance	**25** 10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 12.30pm Lunch 1.00pm Craft 1.30pm Movie	**26** 10.00am Exercise Class 10.00am Exercise Class (Marwal Centre Balwyn Nth) 10.00am Fun with Film 12.00pm Lunch (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Pottery 2.00pm Computer Assistance	**27** Outing Day Trip* 9.00am Hairdresser 9.00am Podiatry (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance	**28**	**29** 12.30PM Lunch
30 Outing Boroondara Blokes 11.00am Exercise Tai Chi/ Qigong 12.30pm Lunch 1.30pm Brain Games	**31** Outing Day Trip* 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance 1.45pm Cool Cats Music	**1**	**2**	**3**	**4**	**5**

Booking Essential 9880 4700

Day Trip* Look for trip details in the newsletter.

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Marwal Centre, 9 Marwal Avenue, Balwyn North.

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
30	**31**	**1** 10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 12.30pm Lunch 1.00pm Craft 1.30pm Movie	**2** 9.00am Hairdresser (Marwal Centre Balwyn Nth) 10.00am Exercise Class 10.00am Exercise Class (Marwal Centre Balwyn Nth) 10.00am Fun with Film 12.00pm Lunch (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Pottery 2.00pm Computer Assistance	**3** Outing Day Trip* 9.00am Podiatry 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance	**4**	**5** 12.30PM Lunch
6 11.00am Exercise Tai Chi/Qigong 12.30pm Lunch 1.30Pm Brain Games	**7** Outing Day Trip* 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance	**8** 10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 12.30pm Lunch 1.00pm Craft 1.30pm Movie	**9** 10.00am Exercise Class 10.00am Exercise Class (Marwal Centre Balwyn Nth) 10.00am Fun with Film 12.00pm Lunch (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Pottery 2.00pm Computer Assistance	**10** Outing Day Trip* 9.00am Hairdresser 9.00am Podiatry (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance	**11**	**12** 12.30PM Lunch
13 Outing Boroondara Blokes 11.00am Exercise Tai Chi/Qigong 12.30pm Lunch 1.30pm Brain Games	**14** Outing Special - Boy from Oz 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance 1.45pm Cool Cats Music	**15** 10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 12.30pm Lunch 1.00pm Craft 1.30pm Working Bee - Mail Out	**16** 9.00am Hairdresser (Marwal Centre Balwyn Nth) 10.00am Exercise Class 10.00am Exercise Class (Marwal Centre Balwyn Nth) 10.00am Fun with Film 12.00pm Lunch (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Pottery 2.00pm Computer Assistance	**17** Outing Day Trip* 9.00am Podiatry 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance	**18**	**19** 12.30PM Lunch
20 11.00am Exercise Tai Chi/Qigong 12.30pm Lunch 1.30pm 1.30pm Brain Games	**21** Outing Day Trip* 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance	**22** 10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 12.30pm Lunch 1.00pm Craft 1.30pm Movie	**23** 10.00am Exercise Class 10.00am Exercise Class (Marwal Centre Balwyn Nth) 10.00am Fun with Film 12.00pm Lunch (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Pottery 2.00pm Computer Assistance	**24** Outing Day Trip* 9.00am Hairdresser 9.00am Podiatry (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance	**25**	**26** 12.30PM Lunch
27 Outing Boroondara Blokes 11.00am Exercise Tai Chi/Qigong 12.30pm Lunch 1.30pm Brain Games	**28** Outing Day Trip* 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance 1.45pm Cool Cats Music	**29** 10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 12.30pm Lunch 1.00pm Craft 1.30pm Movie	**30** 9.00am Hairdresser (Marwal Centre Balwyn Nth) 10.00am Exercise Class 10.00am Exercise Class (Marwal Centre Balwyn Nth) 12.00pm Lunch (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Pottery	**31** Outing Day Trip* 9.00am Podiatry 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance	**1**	**2**

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Day Trip* Look for trip details in the newsletter.