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.

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
29	30	31	1	2	3	4
			10.00am Exercise Class 10.00am Exercise Class (Marwal Centre 11.00am Falls Prevention Exercise Cl 12.00pm Lunch (Marwal Centre Balwyn 12.30pm Lunch 1.00pm Pottery 2.00pm Computer Assistance	9.00am Podiatry		12.30pm Lunch
5	6	7	8	9	10	11
Western Hasting 12.30pm Lunch 1.00pm Live Mu (Marwal C	sic & Dance Centre	10.00aiii Excicise class	 11.00am Falls Prevention Exercise Cl 12.00pm Lunch (Marwal Centre Balwyn 12.30pm Lunch 1.00pm Pottery 	Provider Café, St Kilda 9.00am Podiatry ass		12.30pm Lunch
Balwyn N	13	14	2.00pm Computer Assistance	16	17	18
12.30pm Lunch 1.00pm Live Mu (Marwal 0 Balwyn N 1.30pm Brain Ga	Outing Day Trip ³ Western Hasting sic & Dance Centre 11.15am Exercise 12.30pm Lunch	10.00am Exercise Class 10.30am Group – Learn Laugh & Class Class 12.30pm Lunch 1.00pm Craft	10.00am Exercise Class	Outing Day Trip*Werribee Park Rose Garden 9.00am Podiatry (Marwal Centre Balwyn Nth)		12.30pm Lunch
19	20	21	22	23	24	25
12.30pm Lunch 1.00pm Live Mu (Marwal C Balwyn N 1.30pm Brain Ga	10.00am Exercise 11.15am Exercise 11.15am Exercise 12.30pm Lunch 1.00pm Cool Cat 2.00pm Compute ames	Class 10.30am Group – Learn Laugh & 10.30am Special Event - NGV His Australian Art 12.30pm Lunch 1.00pm Craft 1.30pm Movie	11.00am Falls Prevention Exercise Cl 12.00pm Lunch (Marwal Centre Balwyn 12.30pm Lunch 1.00pm Pottery 2.00pm Computer Assistance	Waverley Gardens 9.00am Podiatry 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance		12.30pm Lunch
26	27	28	29	30	1	2
12.30pm Lunch 1.00pm Live Mu (Marwal C Balwyn N 1.30pm Brain Ga	Gallery 10.00am Exercise 11.15am Exercise 12.30pm Lunch 2.00pm Compute (th)	Class 10.30am Group – Learn Laugh & 10.30am Special Event - Piano CLive classical music		9.00am Podiatry		12.30pm Lunch



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Bookings Essential 9880 4700

Canterbury Centre, 2 Rochester Road, Canterbury. Marwal Centre, 9 Marwal Avenue, Balwyn North.

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
26	27	28	29	30	1	2
						12.30pm Lunch
3	4	5	6	7	8	9
Outing Boroondara Blokes Terminus Hotel, Healesville 12.30pm Lunch 1.00pm Live Music & Dance 1.30pm (Marwal Centre Balwyn Nth) Brain Games	Outing Day Trip* Acorn Nursery 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance	10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 12.30pm Lunch 1.00pm Craft 1.30pm Movie	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	Outing Day Trip* Alowyn Gardens, Yarra Glen 9.00am Podiatry 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance		12.30pm Lunch
10	11	12	13	14	15	16
12.30pm Lunch 1.00pm Live Music & Dance (Marwal Centre Balwyn Nth) 1.30pm Brain Games	Outing Day Trip Toolangi Tavern 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance	 10.00am Exercise Class 10.30am Group – Learn Laugh & Lunch 12.30pm Lunch 1.00pm Craft 1.30pm Working Bee – Mail Out 	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	Outing Day Trip* West Waters Hotel, Caroline Springs 9.00am Hairdresser 9.00am Podiatry (Marwal Centre Balwyn Nth) 12.30pm Lunch 1.00pm Watercolour Painting 2.00pm Computer Assistance		12.30pm Lunch
17	18	19	20	21	22	23
Outing Boroondara Blokes Tooradin Sports Club 12.30pm Lunch 1.30pm Brain Games	Outing Day Trip* Olinda 10.00am Exercise Class 11.15am Exercise Class 12.30pm Lunch 1.30pm Computer Assistance		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	9.00am Podiatry 12.30pm Lunch		12.30pm Lunch
24	25	26	27	28	29	30
CHRISTMAS EVE (office closed)	CHRISTMAS DAY PUBLIC HOLIDAY (office closed)	BOXING DAY PUBLIC HOLIDAY (office closed)	Office closed	Office closed		12.30pm Lunch
31	1	2	3	4	5	6