

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN
24		25		26		27		28		29	1
											12.30pm Lunch
2		3		4		5		6		7	8
11.30am	Live Music & Dance (Marwal)	Day Trip*	Pine Grove Hotel, Upper Beaconsfield	10.00am	Exercise Class (*I)	10.00am	Exercise Class (*A)	Day Trip*	Noojee Hotel		
		10.00am	Exercise Class (*N)	10.30am	Learn Laugh & Lunch Group	10.00am	Exercise Class (*I) (Marwal)	9.00am	Hairdresser		
12.30pm	Lunch	11.15am	Exercise Class (*N)	12.30pm	Lunch	12.00pm	Lunch (Marwal)	9.00am	Podiatry (Marwal)		12.30pm Lunch
1.30pm	Brain Games	12.30pm	Lunch	1.30pm	Craft	12.30pm	Lunch	12.30pm	Lunch		
		1.30pm	BC-Connected – Tech Help	1.30pm	Movie	1.30pm	Pottery	1.00pm	Exercise Physiology		
						1.30pm	BC-Connected – Tech Help	1.30pm	Art Group		
								1.30pm	BC-Connected – Tech Help		
9		10		11		12		13		14	15
LABOUR DAY PUBLIC HOLIDAY (office closed)		Day Trip*	Sages Cottage Farm Café, Baxter	10.00am	Exercise Class (*I)	9.00am	Hairdresser (Marwal)	Day Trip*	Mulberry Hill, National Trust, Langwarrin		
		10.00am	Exercise Class (*N)	10.30am	Learn Laugh & Lunch Group	10.00am	Exercise Class (*A)	9.00am	Podiatry		
		11.15am	Exercise Class (*N)			10.00am	Exercise Class (*I) (Marwal)	11.00am	SPECIAL PRESENTATION – MUSIC FOR WELLBEING		12.30pm Lunch
		12.30pm	Lunch	12.30pm	Lunch	12.00pm	Lunch (Marwal)	12.30pm	Lunch		
		1.30pm	BC-Connected – Tech Help	1.30pm	Craft	12.30pm	Lunch	1.00pm	Exercise Physiology		
				1.30pm	Movie	1.30pm	Pottery	1.30pm	Art Group		
						1.30pm	BC-Connected – Tech Help	1.30pm	BC-Connected – Tech Help		
16		17		18		19		20		21	22
11.30am	Live Music & Dance (Marwal)	Day Trip*	Kelly Hotel, Cranbourne	10.00am	Exercise Class (*I)	10.00am	Exercise Class (*A)	Day Trip*	Blue Lotus Water Gardens		
12.30pm	Lunch	10.00am	Exercise Class (*N)	10.30am	Learn, Laugh & Lunch Group	10.00am	Exercise Class (*I) (Marwal)	9.00am	Hairdresser		12.30pm Lunch
1.30pm	Brain Games	11.15am	Exercise Class (*N)	11.00am	SPECIAL PRESENTATION HARMONY WEEK PRESENTATION	12.00pm	Lunch (Marwal)	9.00am	Podiatry (Marwal)		
		12.30pm	Lunch			12.30pm	Lunch	12.30pm	Lunch		
		1.30pm	BC-Connected – Tech Help	12.30pm	HARMONY LUNCH	1.30pm	Pottery	1.00pm	Exercise Physiology		
				1.30pm	Craft	1.30pm	BC-Connected – Tech Help	1.30pm	Art Group		
								1.30pm	BC-Connected – Tech Help		
23		24		25		26		27		28	29
Outing*	Boroondara Blokes Lynbrook Hotel	Day Trip*	Diamond Creek Hotel	10.00am	Exercise Class (*I)	9.00am	Hairdresser (Marwal)	Day Trip*	Daylesford		
11.30am	Live Music & Dance (Marwal)	10.00am	Exercise Class (*N)	10.30am	Learn Laugh & Lunch Group	10.00am	Exercise Class (*A)	9.00am	Podiatry		12.30pm Lunch
12.30pm	Lunch	11.15am	Exercise Class (*N)	12.30pm	Lunch	10.00am	Exercise Class (*I) (Marwal)	12.30pm	Lunch		
1.30pm	Brain Games	12.30pm	Lunch	1.30pm	Craft	12.00pm	Lunch (Marwal)	1.00pm	Exercise Physiology		
		1.30pm	BC-Connected – Tech Help	1.30pm	Movie	12.30pm	Lunch	1.30pm	Art Group		
						1.30pm	Pottery	1.30pm	BC-Connected – Tech Help		
						1.30pm	BC-Connected – Tech Help				
						1.30pm	Falls Prevention Exercise Class				
30		31		1		2		3		4	5
11.30am	Live Music & Dance (Marwal)	Day Trip*	Growling Frog Golf Club								
12.30pm	Lunch	10.00am	Exercise Class (*N)								
1.30pm	Brain Games	11.15am	Exercise Class (*N)								
		12.30pm	Lunch								
		1.30pm	BC-Connected – Tech Help								

Booking Essential **9880 4709**

Exercise Classes* Novice = (*N) , Intermediate = (*I), Advanced = (*A)

Day Trip* Look for trip details in the newsletter.

MONDAY	TUESDAY	1.30pm WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
30	31	1	2	3	4	5
		10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie	10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal) 12.00pm Lunch (Marwal) 12.30pm Lunch 1.30pm Pottery 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention Exercise Class	Day Trip* Sanctuary Lakes Buffet 9.00am Hairdresser 9.00am Podiatry (Marwal) 12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech Help		12.30pm Lunch
6	7	8	9	10	11	12
Outing* Boroondara Blokes Growling Frog Golf Club 11.30am Live Music & Dance (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip* Olinda Creek Hotel 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 2.00pm LIVE MUSIC – Melbourne Chamber Players	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie	9.00am Hairdresser (Marwal) 10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal) 12.00pm Lunch (Marwal) 12.30pm Lunch 1.30pm Pottery 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention Exercise Class	GOOD FRIDAY PUBLIC HOLIDAY (office closed)		12.30PM EASTER SUNDAY LUNCH
13	14	15	16	17	18	19
EASTER MONDAY PUBLIC HOLIDAY (office closed)	Day Trip* Rye Hotel 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	10.00am Exercise Class (*I) 10.30am Learn, Laugh & Lunch Group 10.45am SPECIAL PRESENTATION LIVING IN RETIREMENT 12.30pm Lunch 1.30pm Craft 1.30pm Working Bee – Mail Out	10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal) 12.00pm Lunch (Marwal) 12.30pm Lunch 1.30pm Pottery 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention Exercise Class	Day Trip* Ricketts Point Tea House 9.00am Hairdresser 9.00am Podiatry (Marwal) 12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech Help		12.30pm Lunch
20	21	22	23	24	25	26
Outing* Boroondara Blokes Greyhounds Entertainment 11.30am Live Music & Dance (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip* Chirnside Park Country Club 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm STORYTELLING PROGRAM	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie	9.00am Hairdresser (Marwal) 10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal) 12.00pm Lunch (Marwal) 12.30pm Lunch 1.30pm Pottery 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention Exercise Class	Day Trip* Kurang Native Nursery 9.00am Podiatry 12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech Help	ANZAC DAY	12.30pm Lunch
27	28	29	30	1	2	3
11.30am Live Music & Dance (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip* Italian Club, Werribee 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie	10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal) 12.00pm Lunch (Marwal) 12.30pm Lunch 1.30pm Pottery 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention Exercise Class			

Booking Essential **9880 4709**

Exercise Classes* Novice = (*N) , Intermediate = (*I), Advanced = (*A)

Day Trip* Look for trip details in the newsletter.