

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

Bookings Essential 9880 4709

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

MARCH 2020

		angs Essential 5000 4705				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
24	25	26	27	28	29	1
						12.30pr Lunch
2	3	4	5	6	7	8
11.30am Live Music & Dance (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip* Pine Grove Hotel, Uppe Beaconsfield 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Hel	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	Day Trip* Noojee Hotel 9.00am Hairdresser 9.00am Podiatry (Marwal) 12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech He	lp	12.30pi Lunch
9	10	11	12	13	14	15
LABOUR DAY PUBLIC HOLIDAY (office closed)	Day Trip* Sages Cottage Farm Caf Baxter 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Hel	10.30am Learn Laugh & Lunch Group 12.30pm Lunch	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	Day Trip* Mulberry Hill, National Trust, Langwarrin 9.00am Podiatry 11.00am SPECIAL PRESENTATION— MUSIC FOR WELLBEI 12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech He	ON NG	12.30pr Lunch
16	17	18	19	20	21	22
11.30am Live Music & Dance (Marwal)	Day Trip* Kelly Hotel, Cranbourne	10.00am Exercise Class (*I) 10.30am Learn, Laugh & Lunch Group 11.00am SPECIAL PRESENTATION	10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal) 12.00pm Lunch (Marwal)	Day Trip* Blue Lotus Water Garde 9.00am Hairdresser 9.00am Podiatry (Marwal)	ens	
12.30pm Lunch 1.30pm Brain Games	10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Hel	HARMONY WEEK PRESENTATION	12.30pm Lunch 1.30pm Pottery 1.30pm BC-Connected – Tech Help	12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech He	lp	12.30pr Lunch
12.30pm Lunch	11.15am Exercise Class (*N) 12.30pm Lunch	HARMONY WEEK PRESENTATION 12.30pm HARMONY LUNCH	12.30pm Lunch 1.30pm Pottery	12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group	lp 28	•
12.30pm Lunch 1.30pm Brain Games	11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Hel	HARMONY WEEK PRESENTATION 12.30pm HARMONY LUNCH 1.30pm Craft 25 10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft	12.30pm Lunch 1.30pm Pottery 1.30pm BC-Connected – Tech Help	12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech He 27 Day Trip* Daylesford 9.00am Podiatry 12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech He	28	Lunch 29
12.30pm Lunch 1.30pm Brain Games 23 Outing* Boroondara Blokes Lynbrook Hotel 11.30am Live Music & Dance (Marwal) 12.30pm Lunch	11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Hel 24 Day Trip* Diamond Creek Hotel 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch	HARMONY WEEK PRESENTATION 12.30pm HARMONY LUNCH 1.30pm Craft 25 10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft	12.30pm	12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech He 27 Day Trip* Daylesford 9.00am Podiatry 12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech He	28	29 12.30pr
12.30pm Lunch 1.30pm Brain Games 23 Outing* Boroondara Blokes Lynbrook Hotel 11.30am Live Music & Dance (Marwal) 12.30pm Lunch 1.30pm Brain Games	11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Hel 24 Day Trip* 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Hel	HARMONY WEEK PRESENTATION 12.30pm HARMONY LUNCH 1.30pm Craft 25 10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie	12.30pm	12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech He 27 Day Trip* Daylesford 9.00am Podiatry 12.30pm Lunch 1.00pm Exercise Physiology 1.30pm Art Group 1.30pm BC-Connected – Tech He	28	29 12.30pr Lunch

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

Day Trip* Look for trip details in the newsletter.

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APRIL 2020

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

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