

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN
13		14		15		16		17		18	19
Day Trip	Boroodara Blokes – Kinglake Pub	Day Trip	Kirk’s on the Esplanade, Mornington	10.00am	Exercise Class (*I)	10.00am	Exercise Class (*A)	Day Trip	Lady Lavender Tearooms		
9.00am	Podiatry (Marwal)	10.00am	Exercise Physiology	10.30am	Learn Laugh & Lunch Group	10.00am	Exercise Class (*I) (Marwal)				
10.30am	North Balwyn Seniors – Social Meeting & Music (Marwal)	10.00am	Exercise Class (*N)			12.00pm	Lunch (Marwal)	9.00am	Hairdresser (Marwal)		
		11.15am	Exercise Class (*N)	12.30pm	Lunch	12.30pm	Lunch				12.30pm
12.30pm	Lunch	12.30pm	Lunch	1.30pm	Craft	1.00pm	Exercise Physiology	1.30pm	Art Class		
1.30pm	Brain Games	1.30pm	BC–Connected – Tech Help	1.30pm	Movie	1.30pm	Pottery	1.30pm	BC–Connected – Tech Help		
		1.30pm	Falls Prevention Class			1.30pm	QR codes and Apps Information Session Games and Cards				
						1.30pm					
20		21		22		23		24		25	26
9.00am	Podiatry	Day Trip	Rye Hotel	10.00am	Exercise Class (*I)	10.00am	Exercise Class (*A)				
10.30am	North Balwyn Seniors – Social Meeting & Music (Marwal)	10.00am	Exercise Physiology	10.30am	Learn Laugh & Lunch Group	10.00am	Exercise Class (*I) (Marwal)				
		10.00am	Exercise Class (*N)			12.00pm	Lunch (Marwal)				
12.30pm	Lunch	11.15am	Exercise Class (*N)	12.15pm	Footy Fever Lunch	12.30pm	Lunch				12.30pm
1.30pm	Brain Games	12.30pm	Lunch	1.30pm	Craft	1.00pm	Exercise Physiology				
		1.30pm	BC–Connected – Tech Help	1.30pm	Movie	1.30pm	Pottery				
		1.30pm	Falls Prevention Class			1.30pm	BC–Connected – Tech Help				
						3.15pm	Music for Wellbeing (Maranoa)				
27		28		29		30		Bookings Essential for all activities 9880 4709			
Day Trip	Boroodara Blokes – Fire Services Museum	Day Trip	Dawson’s Bistro @ Greyhounds Entertainment	10.00am	Exercise Class (*I)	10.00am	Exercise Class (*A)				
9.00am	Podiatry (Marwal)	10.00am	Exercise Physiology	10.30am	Learn Laugh & Lunch Group	10.00am	Exercise Class (*I) (Marwal)				
10.30am	North Balwyn Seniors – Social Meeting & Music (Marwal)	10.00am	Exercise Class (*N)			11.30am	SPRING DANCE (Marwal)				
		11.15am	Exercise Class (*N)	12.30pm	Lunch	12.30pm	Lunch				
12.30pm	Lunch	12.30pm	Lunch	1.30pm	Craft	1.00pm	Exercise Physiology				
1.30pm	Brain Games	1.30pm	BC–Connected – Tech Help	1.30pm	Movie	1.30pm	Pottery				
		1.30pm	Falls Prevention Class			1.30pm	BC–Connected – Tech Help				
								Exercise Classes* Novice = (*N) Tues with Anne Fisher, Intermediate = (*I) Wed with Bob McQuillen, Thurs with Matthew Azzopardi Advanced = (*A) Thurs with Sue McQuillen			

NOTE: ALL EVENTS AND TRIPS ARE SUBJECT TO GOVERNMENT COVID RESTRICTIONS



AFL
GRAND FINAL FEVER LUNCH
 Wednesday
22nd SEPTEMBER

Live music by **GAVIN LIDELL**

BOOKINGS ESSENTIAL

Cost \$25



Live music by **KATO**

Spring DANCE
 Thursday
30th September

KATIA & TONY



SPECIAL INFORMATION SESSIONS

Checking in with
QR Codes
 and using Apps

**Thursday
 16th September
 and
 Tuesday
 12th October**

FREE

Book Today

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN
						30		1		2	3
Bookings Essential for all activities 9880 4709								Day Trip	Healesville Bakery & Big Bouquet Farm		
Exercise Classes*		Novice = (*N) Tues with Anne Fisher, Intermediate = (*I) Wed with Bob McQuillen, Thurs with Matthew Azzopardi Advanced = (*A) Thurs with Sue McQuillen						9.00am	Hairdresser		12.30pm Lunch
								1.30pm	Art Class		
								1.30pm	BC-Connected – Tech Help		
4		5		6		7		8		9	10
9.00am	Podiatry	Day Trip	Glasshouse Restaurant, Caulfield	10.00am	Exercise Class (*I)	10.00am	Exercise Class (*A)	Day Trip	Pelikan Societe, Hastings		
10.30am	North Balwyn Seniors – Social Meeting & Music (Marwal)	10.00am	Exercise Physiology	10.30am	Learn Laugh & Lunch Group	10.00am	Exercise Class (*I) (Marwal)	9.00am	Hairdresser (Marwal)		12.30pm Lunch
12.30pm	Lunch	10.00am	Exercise Class (*N)	12.30pm	Lunch	12.00pm	Lunch (Marwal)	11.00am	Mindfulness and Wellbeing		
1.30pm	Brain Games	11.15am	Exercise Class (*N)	1.30pm	Craft	12.30pm	Lunch	1.30pm	Art Class		
		12.30pm	Lunch	1.30pm	Movie	1.00pm	Exercise Physiology	1.30pm	BC-Connected – Tech Help		
		1.30pm	BC-Connected – Tech Help			1.30pm	Pottery				
						1.30pm	BC-Connected – Tech Help				
11		12		13		14		15		16	17
Day Trip	Boroodara Blokes – Paradise Valley Hotel	Day Trip	Upper Yarra RSL	10.00am	Exercise Class (*I)	10.00am	Exercise Class (*A)	Day Trip	McClelland Sculpture Park		
9.00am	Podiatry (Marwal)	10.00am	Exercise Physiology	10.30am	Learn Laugh & Lunch Group	10.00am	Exercise Class (*I) (Marwal)	9.00am	Hairdresser		12.30pm Lunch
10.30am	North Balwyn Seniors – Social Meeting & Music (Marwal)	10.00am	Exercise Class (*N)	12.30pm	Lunch	12.00pm	Lunch (Marwal)	1.30pm	Art Class		
12.30pm	Lunch	11.15am	Exercise Class (*N)	1.30pm	Craft	12.30pm	Lunch	1.30pm	BC-Connected – Tech Help		
1.30pm	Brain Games	12.30pm	Lunch	1.30pm	Movie	1.00pm	Exercise Physiology				
		1.30pm	QR codes and Apps Information Session			1.30pm	Pottery				
						1.30pm	BC-Connected – Tech Help				
						1.30pm	Games and Cards				
18		19		20		21		22		23	24
9.00am	Podiatry	Day Trip	Chirnside Park Country Club	10.00am	Exercise Class (*I)	10.00am	Exercise Class (*A)	Day Trip	Vue Restaurant, Settler’s Run		
10.30am	North Balwyn Seniors – Social Meeting & Music (Marwal)	10.00am	Exercise Physiology	10.30am	Learn Laugh & Lunch Group	10.00am	Exercise Class (*I) (Marwal)	9.00am	Hairdresser (Marwal)		12.30pm Lunch
12.30pm	Lunch	10.00am	Exercise Class (*N)	12.30pm	Lunch	12.00pm	Lunch (Marwal)	1.30pm	Art Class		
1.30pm	Brain Games	11.15am	Exercise Class (*N)	1.30pm	Craft	12.30pm	Lunch	1.30pm	BC-Connected – Tech Help		
		12.30pm	Lunch	1.30pm	Movie	1.00pm	Exercise Physiology				
		1.30pm	BC-Connected – Tech Help			1.30pm	Pottery				
		1.30pm	Falls Prevention Class			1.30pm	BC-Connected – Tech Help				
						3.15pm	Music for Wellbeing (Maranoa)				
25		26		27		28		29		30	31
Day Trip	Boroodara Blokes – Lunch & Activity Session	Day Trip	Lilies on Brougham	10.00am	Exercise Class (*I)	10.00am	Exercise Class (*A)	Day Trip	Kinglake Pub		
9.00am	Podiatry (Marwal)	10.00am	Exercise Physiology	10.30am	Learn Laugh & Lunch Group	10.00am	Exercise Class (*I) (Marwal)	9.00am	Hairdresser		12.30pm Lunch
10.30am	North Balwyn Seniors – Social Meeting & Music (Marwal)	10.00am	Exercise Class (*N)	10.45am	Music Always – Melbourne Chamber Players	12.00pm	Lunch (Marwal)	1.30pm	Art Class		
12.30pm	Lunch	11.15am	Exercise Class (*N)	12.30pm	Lunch	12.30pm	Lunch	1.30pm	BC-Connected – Tech Help		
1.30pm	Brain Games	12.30pm	Lunch	1.30pm	Craft	1.00pm	Exercise Physiology				
		1.30pm	BC-Connected – Tech Help	1.30pm	Movie	1.30pm	Pottery				
		1.30pm	Falls Prevention Class			1.30pm	BC-Connected – Tech Help				