

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
31	Bookings Essential for all activities 9880 4709					1	2
12.30pm Lunch 1.30pm Brain Games	Exercise Classes* Novice = (*N) Tues with Anne Fisher, Intermediate = (*I) Wed with Bob McQuillen, Thurs with Matthew Azzopardi Advanced = (*A) Thurs with Sue McQuillen						
3	4	5	6	7	8	9	
OFFICE CLOSED NEW YEARS DAY Public Holiday	OFFICE CLOSED	OFFICE CLOSED	10.00am Exercise Class (*I) (Marwal) 11.00am Exercise Class (*I) (Marwal) 2.00pm Exercise Physiology	9.00am Hairdresser (Marwal) 9.00am Podiatry 11.00am Exercise Physiology			
10	11	12	13	14	15	16	
12.30pm Lunch	9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm Falls Prevention Class	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 10.30am Morning Movie: 'June Again' 12.30pm Lunch	10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal) 11.00am Exercise Class (*I) (Marwal) 2.00pm Exercise Physiology	Day Trip Tyabb Packing House 9.00am Hairdresser 9.00am Podiatry (Marwal) 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 1.30pm Art Class		12.30pm Lunch	
17	18	19	20	21	22	23	
12.30pm Lunch	Day Trip The Cove Hotel, Patterson Lakes 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention Class	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Movie	10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal) 11.00am Exercise Class (*I) (Marwal) 1.30pm BC-Connected – Tech Help 2.00pm Exercise Physiology	Day Trip Pig & Whistle Tavern, Olinda 9.00am Hairdresser (Marwal) 9.00am Podiatry 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 1.30pm Art Class 1.30pm BC-Connected – Tech Help		12.30pm Lunch	
24	25	26	27	28	29	30	
Day Trip Boroondara Blokes San Remo 12.30pm Lunch	Day Trip Growling Frog Golf Club, Yan Yean 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	OFFICE CLOSED AUSTRALIA DAY Public Holiday	10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal) 11.00am Exercise Class (*I) (Marwal) 1.30pm BC-Connected – Tech Help 2.00pm Exercise Physiology	Day Trip Kuranga Native Nursery, Mt Evelyn 9.00am Hairdresser 9.00am Podiatry (Marwal) 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 1.30pm Art Class 1.30pm BC-Connected – Tech Help		12.30pm Lunch	

Music for WELLBEING
 with **Dr Christina Green**,
 music therapist, performing songwriter
 & composer.

Thursday 3.15pm **17th February**
Maranoa Club, 6 Faversham Rd, Canterbury
Cost: Gold coin donation. BOOKING ESSENTIAL
Transport: \$5 each way (booking required)

G₂ A₁ M₃ E₁ S₁ CARDS A fun filled afternoon of cards & board games.

1.30pm Thursday **10th February**
Canterbury Centre, 2 Rochester Road Gold coin donation.
Transport: \$5 each way (booking required)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
31	1	2	3	4	5	6	
	Day Trip North Point Café, Brighton 9:45am Exercise Physiology 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 Movie	10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal) 11.00am Exercise Class (*I) (Marwal) 12.00pm Lunch (Marwal) 1.30pm Pottery 1.30pm BC-Connected – Tech Help 2.00pm Exercise Physiology	Day Trip Panton Hill Hotel 9.00am Hairdresser (Marwal) 9.00am Podiatry 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 11.00am Music Concert – Jackie Bornstein 12.00pm Special Lunch 1.30pm Art Class 1.30pm BC-Connected – Tech Help		12.30pm Lunch	
7	8	9	10	11	12	13	
12.30pm Lunch 1.30pm Brain Games 1.30pm BASS Builders	Day Trip Gardenworld, Braeside 9:45am Exercise Physiology 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) 11.00am Exercise Class (*I) (Marwal) 12.00pm Lunch (Marwal) 1.30pm Pottery 1.30pm BC-Connected – Tech Help 1.30pm Games and Cards 2.00pm Exercise Physiology	Day Trip Fortnums Sassafras 9.00am Hairdresser 9.00am Podiatry (Marwal) 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 1.30pm Art Class 1.30pm BC-Connected – Tech Help		12.30pm Lunch	
14	15	16	17	18	19	20	
10.30am North Balwyn Seniors – Social Meeting & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip Customs House Hotel, Williamstown 9:45am Exercise Physiology 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) 11.00am Exercise Class (*I) (Marwal) 12.00pm Lunch (Marwal) 1.30pm Pottery 1.30pm BC-Connected – Tech Help 1.30pm Music & Movement Class (Marwal) 2.00pm Exercise Physiology 3.15pm Music for Wellbeing (Maranoa)	Day Trip Ricketts Point Tea House, Beaumaris 9.00am Hairdresser (Marwal) 9.00am Podiatry 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 1.30pm Art Class 1.30pm BC-Connected – Tech Help		12.30pm Lunch	
21	22	23	24	25	26	27	
Day Trip Boroondara Blokes Olinda Creek Hotel 10.30am North Balwyn Seniors – Social Meeting & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip Stonehouse Café, Warrandyte 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm ConnectTo Session	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) 11.00am Exercise Class (*I) (Marwal) 12.00pm Lunch (Marwal) 1.30pm Pottery 1.30pm BC-Connected – Tech Help 1.30pm Music & Movement Class (Marwal) 2.00pm Exercise Physiology	Day Trip RACV Club, Healesville 9.00am Hairdresser 9.00am Podiatry (Marwal) 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 1.30pm Art Class 1.30pm BC-Connected – Tech Help		12.30pm Lunch	
28	1	Bookings Essential for all activities 9880 4709				Exercise Classes* Novice = (*N) Tues with Anne Fisher, Intermediate = (*I) Wed with Bob McQuillen, Thurs with Matthew Azzopardi Advanced = (*A) Thurs with Sue McQuillen	