

| MONDAY  |  | TUESDAY   |   | WEDNESDAY  |  | THURSDAY      |  | FRIDAY |  | SAT | SUN           |
|---|--|---|---|--|--|---------------|--|--------|--|-----|---------------|
| 25  |  | 26  |   | 27   |  | 28            |  | 29     |  | 30  | 1             |
|   |  |   |   |  |  |               |  |        |  |     | 12.30pm Lunch |
| 2   |  | 3   |   | 4  |  | 5             |  | 6      |  | 7   | 8             |
| <b>Day Trip</b><br><b>Boroondara Blokes Geelong Boathouse</b><br>10.00am Art Class<br>10.30am North Balwyn Seniors Social & Music (Marwal)<br>12.30pm Lunch<br>1.30pm Brain Games | <b>Day Trip</b><br><b>Upper Yarra RSL</b><br>9:45am Exercise Physiology<br>10.00am Exercise Class (*N)<br>11.15am Exercise Class (*N)<br>12.30pm Lunch<br>1.30pm BC-Connected – Tech Help<br>1.30pm Falls Prevention Class             | 10.00am Exercise Class (*I)<br>10.30am Learn Laugh & Lunch Group<br>12.30pm Lunch<br>1.30pm Craft<br>1.30pm Movie   | 10.00am Exercise Class (*A)<br>10.00am Exercise Class (*I) (Marwal)<br>11.00am Exercise Class (*I) (Marwal)<br>12.00pm Lunch (Marwal)<br>1.30pm BC-Connected – Tech Help<br>2.00pm Exercise Physiology<br>2.00pm Pottery  | <b>Day Trip</b><br><b>The Settlement Hotel</b><br>9.00am Hairdresser<br>9.00am Podiatry (Marwal)<br>10.00am Telehealth Exercise Class<br>11.00am Exercise Physiology<br>1.30pm BC-Connected – Tech Help                                |  | 12.30pm Lunch |  |        |  |     |               |
| 9   |  | 10  |   | 11   |  | 12            |  | 13     |  | 14  | 15            |
| 10.00am Art Class<br>10.30am North Balwyn Seniors Social & Music (Marwal)<br>12.30pm Lunch<br>1.30pm Brain Games  | <b>Day Trip</b><br><b>CERES Park</b><br>9:45am Exercise Physiology<br>10.00am Exercise Class (*N)<br>11.15am Exercise Class (*N)<br>12.30pm Lunch<br>1.30pm BC-Connected – Tech Help<br>1.30pm Falls Prevention Class                  | 10.00am Exercise Class (*I)<br>10.30am Learn Laugh & Lunch Group<br>10.45am <b>Mother's Day Morning Movie</b><br>12.30pm Lunch<br>1.30pm Craft            | 10.00am Exercise Class (*A)<br>10.00am Exercise Class (*I) (Marwal)<br>11.00am Exercise Class (*I) (Marwal)<br>12.00pm Lunch (Marwal)<br>1.30pm BC-Connected – Tech Help<br>1.30pm <b>Games and Cards</b><br>2.00pm Exercise Physiology<br>2.00pm Pottery               | <b>Day Trip</b><br><b>Schwerkolt Cottage</b><br>9.00am Hairdresser (Marwal)<br>9.00am Podiatry<br>10.00am Telehealth Exercise Class<br>11.00am Exercise Physiology<br>1.00pm <b>Wiser Driver</b><br>1.30pm BC-Connected – Tech Help    |  | 12.30pm Lunch |  |        |  |     |               |
| 16  |  | 17  |   | 18   |  | 19            |  | 20     |  | 21  | 22            |
| <b>Day Trip</b><br><b>Boroondara Blokes Upper Yarra RSL</b><br>10.00am Art Class<br>10.30am North Balwyn Seniors Social & Music (Marwal)<br>12.30pm Lunch<br>1.30pm Brain Games   | <b>Day Trip</b><br><b>Chirnside Park Country Club</b><br>9:45am Exercise Physiology<br>10.00am Exercise Class (*N)<br>11.15am Exercise Class (*N)<br>12.30pm Lunch<br>1.30pm BC-Connected – Tech Help<br>1.30pm Falls Prevention Class | 10.00am Exercise Class (*I)<br>10.30am Learn Laugh & Lunch Group<br>10.45am <b>Live Music Wattleseed</b><br>12.30pm Lunch<br>1.30pm Craft<br>1.30pm Movie | 10.00am Exercise Class (*A)<br>10.00am Exercise Class (*I) (Marwal)<br>11.00am Exercise Class (*I) (Marwal)<br>12.00pm Lunch (Marwal)<br>1.30pm BC-Connected – Tech Help<br>2.00pm Exercise Physiology<br>2.00pm Pottery<br>3:15pm <b>Music for Wellbeing</b> (Maranoa) | <b>Day Trip</b><br><b>Songs of Judy Garland</b><br>9.00am Hairdresser<br>9.00am Podiatry (Marwal)<br>10.00am Telehealth Exercise Class<br>11.00am Exercise Physiology<br>1.00pm <b>Wiser Driver</b><br>1.30pm BC-Connected – Tech Help |  | 12.30pm Lunch |  |        |  |     |               |
| 23  |  | 24  |   | 25   |  | 26            |  | 27     |  | 28  | 29            |
| 10.00am Art Class<br>10.30am North Balwyn Seniors Social & Music (Marwal)<br>12.30pm Lunch<br>1.30pm Brain Games<br>1.30pm <b>BASS Builders</b>                                   | <b>Day Trip</b><br><b>Yarra Valley Chocolaterie</b><br>9:45am Exercise Physiology<br>10.00am Exercise Class (*N)<br>11.15am Exercise Class (*N)<br>12.30pm Lunch<br>1.30pm BC-Connected – Tech Help<br>1.30pm Falls Prevention Class   | 10.00am Exercise Class (*I)<br>10.30am Learn Laugh & Lunch Group<br>12.30pm Lunch<br>1.30pm Craft<br>1.30pm Movie   | 10.00am Exercise Class (*A)<br>10.00am Exercise Class (*I) (Marwal)<br>11.00am Exercise Class (*I) (Marwal)<br>12.00pm Lunch (Marwal)<br>1.30pm BC-Connected – Tech Help<br>2.00pm Exercise Physiology<br>2.00pm Pottery  | <b>Day Trip</b><br><b>Kallista Tea Rooms</b><br>9.00am Hairdresser (Marwal)<br>9.00am Podiatry<br>10.00am Telehealth Exercise Class<br>11.00am Exercise Physiology<br>1.00pm <b>Wiser Driver</b><br>1.30pm BC-Connected – Tech Help    |  | 12.30pm Lunch |  |        |  |     |               |
| 30  |  | 31  |   |  |  |               |  |        |  |     |               |
| <b>Day Trip</b><br><b>Boroondara Blokes Ambulance Museum</b><br>10.00am Art Class<br>10.30am North Balwyn Seniors Social & Music (Marwal)<br>12.30pm Lunch<br>1.30pm Brain Games  | <b>Day Trip</b><br><b>Knox Club</b><br>9:45am Exercise Physiology<br>10.00am Exercise Class (*N)<br>11.15am Exercise Class (*N)<br>12.30pm Lunch<br>1.30pm BC-Connected – Tech Help<br>1.30pm Falls Prevention Class                   |   |   |  |  |               |  |        |  |     |               |

**Bookings Essential  
 for all activities  
 9880 4709**

**Exercise Classes\***

**Novice = (\*N)**  
**Intermediate = (\*I)**  
**Advanced = (\*A)**

Tues with Imali Sanduni Dahanayake,  
 Wed with Bob McQuillen,  
 Thurs with Matthew Azzopardi  
 Thurs with Sue McQuillen

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|---|--|---|--|--|--|--|--|--|--|--|---------------|
| <p><b>Bookings Essential for all activities 9880 4709</b></p> <p><b>Exercise Classes*</b></p> <p><b>Novice = (*N)</b> Tues with Imali Sanduni Dahanayake,<br/> <b>Intermediate = (*I)</b> Wed with Bob McQuillen, Thurs with Matthew Azzopardi<br/> <b>Advanced = (*A)</b> Thurs with Sue McQuillen</p> |  |   |  |  |  |  |  |  |  |  |               |
|   |  |   |  | <b>1</b>   |  | <b>2</b>   |  | <b>3</b>   |  | <b>4</b>   | <b>5</b>      |
|   |  |   |  | 10.00am Exercise Class (*I)<br>10.30am Learn Laugh & Lunch Group<br>12.30pm Lunch<br>1.30pm Craft<br>1.30pm Movie  |  | 10.00am Exercise Class (*A)<br>10.00am Exercise Class (*I) (Marwal)<br>11.00am Exercise Class (*I) (Marwal)<br>12.00pm Lunch (Marwal)<br>1.30pm BC-Connected – Tech Help<br>2.00pm Exercise Physiology<br>2.00pm Pottery   |  | Day Trip<br>9.00am<br>9.00am<br>10.00am<br>11.00am<br>1.00pm<br>1.30pm |  | Stella's Kitchen<br>Hairdresser<br>Podiatry (Marwal)<br>Telehealth Exercise Class<br>Exercise Physiology<br>Wiser Driver<br>BC-Connected – Tech Help | 12.30pm Lunch |
| <b>6</b>  |  | <b>7</b>  |  | <b>8</b>   |  | <b>9</b>   |  | <b>10</b>  |  | <b>11</b>  | <b>12</b>     |
| 10.00am Art Class<br>10.30am North Balwyn Seniors Social Meeting & Music (Marwal)<br>12.30pm Lunch<br>1.30pm Brain Games  |  | Day Trip<br>9:45am<br>10.00am<br>11.15am<br>12.30pm<br>1.30pm<br>1.30pm | Dandenong Ranges<br>Exercise Physiology<br>Exercise Class (*N)<br>Exercise Class (*N)<br>Lunch<br>BC-Connected – Tech Help<br>Falls Prevention Class | 10.00am Exercise Class (*I)<br>10.30am Learn Laugh & Lunch Group<br>12.30pm Lunch<br>1.30pm Craft<br>1.30pm Movie  |  | 10.00am Exercise Class (*A)<br>10.00am Exercise Class (*I) (Marwal)<br>11.00am Exercise Class (*I) (Marwal)<br>12.00pm Lunch (Marwal)<br>1.30pm BC-Connected – Tech Help<br>1.30pm Games and Cards<br>2.00pm Exercise Physiology<br>2.00pm Pottery               |  | Day Trip<br>9.00am<br>9.00am<br>10.00am<br>11.00am<br>1.30pm           |  | Panton Hill Hotel<br>Hairdresser (Marwal)<br>Podiatry<br>Telehealth Exercise Class<br>Exercise Physiology<br>BC-Connected – Tech Help                | 12.30pm Lunch |
| <b>13</b>   |  | <b>14</b>   |  | <b>15</b>  |  | <b>16</b>  |  | <b>17</b>  |  | <b>18</b>  | <b>19</b>     |
| OFFICE CLOSED<br>QUEEN'S BIRTHDAY<br>Public Holiday   |  | Day Trip<br>9:45am<br>10.00am<br>11.15am<br>12.30pm<br>1.30pm<br>1.30pm | Wantirna Club<br>Exercise Physiology<br>Exercise Class (*N)<br>Exercise Class (*N)<br>Lunch<br>BC-Connected – Tech Help<br>Falls Prevention Class    | 10.00am Exercise Class (*I)<br>10.30am Learn Laugh & Lunch Group<br>10.45am Design Today Special Presentation<br>12.30pm Lunch<br>1.30pm Craft<br>1.30pm Movie |  | 10.00am Exercise Class (*A)<br>10.00am Exercise Class (*I) (Marwal)<br>11.00am Exercise Class (*I) (Marwal)<br>12.00pm Lunch (Marwal)<br>1.30pm BC-Connected – Tech Help<br>2.00pm Exercise Physiology<br>2.00pm Pottery<br>3.15pm Music for Wellbeing (Maranoa) |  | Day Trip<br>9.00am<br>9.00am<br>10.00am<br>11.00am<br>1.30pm           |  | St Marina Restaurant<br>Hairdresser<br>Podiatry (Marwal)<br>Telehealth Exercise Class<br>Exercise Physiology<br>BC-Connected – Tech Help             | 12.30pm Lunch |
| <b>20</b>   |  | <b>21</b>   |  | <b>22</b>  |  | <b>23</b>  |  | <b>24</b>  |  | <b>25</b>  | <b>26</b>     |
| 10.00am Art Class<br>10.30am North Balwyn Seniors Social Meeting & Music (Marwal)<br>12.30pm Lunch<br>1.30pm Brain Games<br>1.30pm BASS Builders  |  | Day Trip<br>9:45am<br>10.00am<br>11.15am<br>12.30pm<br>1.30pm<br>1.30pm | Karralyka Centre<br>Exercise Physiology<br>Exercise Class (*N)<br>Exercise Class (*N)<br>Lunch<br>BC-Connected – Tech Help<br>Falls Prevention Class | 10.00am Exercise Class (*I)<br>10.30am Learn Laugh & Lunch Group<br>12.30pm Lunch<br>1.30pm Craft<br>1.30pm Movie<br>1.30pm Mail Out Working Bee               |  | 10.00am Exercise Class (*A)<br>10.00am Exercise Class (*I) (Marwal)<br>11.00am Exercise Class (*I) (Marwal)<br>12.00pm Lunch (Marwal)<br>1.30pm BC-Connected – Tech Help<br>2.00pm Exercise Physiology<br>2.00pm Pottery   |  | Day Trip<br>9.00am<br>9.00am<br>10.00am<br>11.00am<br>1.30pm           |  | Government House Tour<br>Hairdresser (Marwal)<br>Podiatry<br>Telehealth Exercise Class<br>Exercise Physiology<br>BC-Connected – Tech Help            | 12.30pm Lunch |
| <b>27</b>   |  | <b>28</b>   |  | <b>29</b>  |  | <b>30</b>  |  | <b>1</b>   |  | <b>2</b>   | <b>3</b>      |
| Day Trip<br>10.00am Art Class<br>10.30am North Balwyn Seniors Social Meeting & Music (Marwal)<br>12.30pm Lunch<br>1.30pm Brain Games  |  | Day Trip<br>9:45am<br>10.00am<br>11.15am<br>12.30pm<br>1.30pm<br>1.30pm | Mitcham Hotel<br>Exercise Physiology<br>Exercise Class (*N)<br>Exercise Class (*N)<br>Lunch<br>BC-Connected – Tech Help<br>Falls Prevention Class    | 10.00am Exercise Class (*I)<br>10.30am Learn Laugh & Lunch Group<br>12.30pm Lunch<br>1.30pm Craft<br>1.30pm Movie  |  | 10.00am Exercise Class (*A)<br>10.00am Exercise Class (*I) (Marwal)<br>11.00am Exercise Class (*I) (Marwal)<br>12.00pm Lunch (Marwal)<br>1.30pm BC-Connected – Tech Help<br>2.00pm Exercise Physiology<br>2.00pm Pottery   |  |  |  |  |               |