

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN
						1		2		3	4
<b>Bookings Essential                      for all activities                      9880 4709</b>		<b>Exercise Classes*</b>  Novice = (*N)  Intermediate = (*I)  Advanced = (*A)		Tues with Imali Sanduni Dahanayake  Wed with Bob McQuillen, Thurs with Matthew Azzopardi  Thurs with Sue McQuillen		10.00am 10am /11.00am 11.30am 12pm /12.30pm 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) BINGO! Lunch (Marwal) / Lunch (CC) BC-Connected – Tech Help SCRABBLE Pottery	Day Trip  9.00am 9.00am 10.00am 11.00am 1.30pm	Sanctuary Lakes Hotel, Point Cook Hairdresser (Marwal) Podiatry Telehealth Exercise Class Exercise Physiology BC-Connected – Tech Help		12.30pm Lunch
		5	6	7	8	9	10	11			
		10.00am Art Class  10.30am North Balwyn Seniors Social & Music (Marwal)  12.30pm Lunch 1.30pm Brain Games	Day Trip 9:45am 10.00am 11.15am 12.30pm 1.30pm 1.30pm	Hahndorfs Tea House/Cafe Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention Class	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) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Special Interest Talk 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC-Connected – Tech Help 1.30pm SOLO 2.00pm Pottery	Day Trip  9.00am 9.00am 10.00am 11.00am 1.30pm	Mount Dandenong Botanic Garden Hairdresser Podiatry (Marwal) Telehealth Exercise Class Exercise Physiology BC-Connected – Tech Help	12.30pm Lunch		
		12	13	14	15	16	17	18			
Day Trip Boroondara Blokes Micro-brewery, Diamond Creek  10.00am Art Class 10.30am North Balwyn Seniors Social & Music (Marwal)  12.30pm Lunch 1.30pm Brain Games	Day Trip 9:45am 10.00am 11.15am 12.30pm 1.30pm 1.30pm	Crown Hotel, Lilydale Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention Class	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group  11.00am Feedback & Suggestion Morning Tea  12.30pm Lunch 1.30pm Craft 1.30pm Movie	10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Sharing My Story 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC-Connected – Tech Help 1.30pm Mahjong 2.00pm Pottery	Day Trip  9.00am 9.00am 10.00am 11.00am 1.30pm	Frankston Arts Centre, Bach to Broadway Hairdresser (Marwal) Podiatry Telehealth Exercise Class Exercise Physiology BC-Connected – Tech Help	12.30pm Lunch				
19	20	21	22	23	24	25					
10.00am Art Class  10.30am North Balwyn Seniors Social & Music (Marwal)  12.30pm Lunch 1.30pm Brain Games	Day Trip 9:45am 10.00am 11.15am 12.30pm 1.30pm 1.30pm	Terminus Hotel, Healesville Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention Class	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group  12.15pm Grand Final Fever LUNCH 1.30pm Craft	10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Hooked on Books & Movies 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC-Connected – Tech Help 1.30pm Bridge 2.00pm Pottery	..... OFFICE CLOSED ..... AFL GRAND FINAL PARADE Public Holiday		12.30pm Lunch				
26	27	28	29	30	1	2					
Day Trip Boroondara Blokes Tooradin Esplanade and lunch  10.00am Art Class 10.30am North Balwyn Seniors Social & Music (Marwal)  12.30pm Lunch 1.30pm Brain Games	Day Trip 9:45am 10.00am 11.15am 12.30pm 1.30pm 1.30pm	Box Hill Golf Club Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention Class	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) 10am /11.00am Exercise Class (*I) (Marwal) 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC-Connected – Tech Help 1.30pm Afternoon Indoor Games 2.00pm Pottery	Day Trip  9.00am 9.00am 10.00am 11.00am 1.30pm	Old Treasury Building, Women Work for Victory in WWII Hairdresser (Marwal) Podiatry Telehealth Exercise Class Exercise Physiology BC-Connected – Tech Help					

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN				
26		27		28		29		30		1	2				
											12.30pm Lunch				
3		4		5		6		7		8	9				
10.00am	Art Class	<b>Day Trip</b>	<b>Savers Ringwood and Manhattan Hotel</b>	10.00am	<b>Exercise Class (*I)</b>	10.00am	<b>Exercise Class (*A)</b>	<b>Day Trip</b>	<b>Tulip Festival, Silvan</b>						
10.30am	North Balwyn Seniors Social Meeting & Music (Marwal)	9:45am	<b>Exercise Physiology</b>	10.45am	<b>Music Always – Melbourne Guitar Quartet</b>	11.30am	<b>BINGO!</b>	9.00am	Hairdresser						
12.30pm	<b>Lunch</b>	10.00am	<b>Exercise Class (*N)</b>			12.30pm	<b>SPRING DANCE</b> (Marwal)	9.00am	Podiatry (Marwal)		12.30pm Lunch				
1.30pm	Brain Games	11.15am	<b>Exercise Class (*N)</b>	12.30pm	<b>Lunch</b>	1.30pm	<b>Lunch</b> (CC)	10.00am	<b>Telehealth Exercise Class</b>						
		12.30pm	<b>Lunch</b>	1.30pm	Craft	1.30pm	BC-Connected – Tech Help	11.00am	<b>Exercise Physiology</b>						
		1.30pm	BC-Connected – Tech Help	1.30pm	Movie	2.00pm	<b>SCRABBLE</b>	1.30pm	BC-Connected – Tech Help						
		1.30pm	<b>Falls Prevention Class</b>				<b>Exercise Physiology</b>								
							<b>Pottery</b>								
10		11		12		13		14		15	16				
<b>Day Trip</b>	<b>Boroondara Blokes Yakult Tour</b>	<b>Day Trip</b>	<b>Dandenong Markets</b>	10.00am	<b>Exercise Class (*I)</b>	10.00am	<b>Exercise Class (*A)</b>	<b>Day Trip</b>	<b>Archibald Art, Narre Warren</b>						
10.00am	Art Class	9:45am	<b>Exercise Physiology</b>	10.30am	Learn Laugh & Lunch Group	10am / 11.00am	<b>Exercise Class (*I)</b> (Marwal)	9.00am	Hairdresser (Marwal)						
10.30am	North Balwyn Seniors Social Meeting & Music (Marwal)	10.00am	<b>Exercise Class (*N)</b>	12.30pm	<b>Lunch</b>	11.30am	Special Interest Talk	9.00am	Podiatry		12.30pm Lunch				
12.30pm	<b>Lunch</b>	11.15am	<b>Exercise Class (*N)</b>	1.30pm	Craft	12pm / 12.30pm	<b>Lunch</b> (Marwal) / <b>Lunch</b> (CC)	10.00am	<b>Telehealth Exercise Class</b>						
1.30pm	Brain Games	12.30pm	<b>Lunch</b>	1.30pm	Movie	1.30pm	BC-Connected – Tech Help	11.00am	<b>Exercise Physiology</b>						
		1.30pm	BC-Connected – Tech Help			1.30pm	<b>SOLO</b>	1.30pm	BC-Connected – Tech Help						
		1.30pm	<b>Falls Prevention Class</b>			2.00pm	<b>Exercise Physiology</b>								
						2.00pm	<b>Pottery</b>								
17		18		19		20		21		22	23				
10.00am	Art Class	<b>Day Trip</b>	<b>Olive Tree Hotel, Sunbury</b>	10.00am	<b>Exercise Class (*I)</b>	10.00am	<b>Exercise Class (*A)</b>	<b>Day Trip</b>	<b>Pelican Society, Hastings</b>						
10.30am	North Balwyn Seniors Social Meeting & Music (Marwal)	9:45am	<b>Exercise Physiology</b>	10.30am	Learn Laugh & Lunch Group	10am / 11.00am	<b>Exercise Class (*I)</b> (Marwal)	9.00am	Hairdresser						
12.30pm	<b>Lunch</b>	10.00am	<b>Exercise Class (*N)</b>	12.30pm	<b>Lunch</b>	11.30am	Sharing My Story	9.00am	Podiatry (Marwal)		12.30pm Lunch				
1.30pm	Brain Games	11.15am	<b>Exercise Class (*N)</b>	1.30pm	Craft	12pm / 12.30pm	<b>Lunch</b> (Marwal) / <b>Lunch</b> (CC)	10.00am	<b>Telehealth Exercise Class</b>						
		12.30pm	<b>Lunch</b>	1.30pm	Movie	1.30pm	BC-Connected – Tech Help	11.00am	<b>Exercise Physiology</b>						
		1.30pm	BC-Connected – Tech Help	1.30pm	<b>Mail Out Working Bee</b>	1.30pm	Mahjong	1.30pm	BC-Connected – Tech Help						
						2.00pm	<b>Exercise Physiology</b>								
						2.00pm	<b>Pottery</b>								
						2:00pm	<b>Seniors Week High Tea</b>								
24		25		26		27		28		29	30				
<b>Day Trip</b>	<b>Boroondara Blokes Holden Museum Guided Tour and BBQ, Trafalgar</b>	<b>Day Trip</b>	<b>Bundoora Hotel, Bundoora</b>	10.00am	<b>Exercise Class (*I)</b>	10.00am	<b>Exercise Class (*A)</b>	<b>Day Trip</b>	<b>McCrae Homestead, McCrae</b>						
10.00am	Art Class	9:45am	<b>Exercise Physiology</b>	10.30am	<b>MORNING MOVIE</b>	10am / 11.00am	<b>Exercise Class (*I)</b> (Marwal)	9.00am	Hairdresser (Marwal)						
10.30am	North Balwyn Seniors Social Meeting & Music (Marwal)	10.00am	<b>Exercise Class (*N)</b>		<b>The Phantom of the Open</b>	11.30am	Hooked on Books & Movies	9.00am	Podiatry		12.30pm Lunch				
12.30pm	<b>Lunch</b>	11.15am	<b>Exercise Class (*N)</b>	12.30pm	<b>Lunch</b>	12pm / 12.30pm	<b>Lunch</b> (Marwal) / <b>Lunch</b> (CC)	10.00am	<b>Telehealth Exercise Class</b>						
1.30pm	Brain Games	12.30pm	<b>Lunch</b>	1.30pm	Craft	1.30pm	BC-Connected – Tech Help	11.00am	<b>Exercise Physiology</b>						
		1.30pm	BC-Connected – Tech Help			1.30pm	Bridge	1.30pm	BC-Connected – Tech Help						
						2.00pm	<b>Exercise Physiology</b>								
						2.00pm	<b>Pottery</b>								
31		<p style="text-align: center;"><b>Bookings Essential for all activities                  9880 4709</b></p>													
10.00am	Art Class											<p><b>Exercise Classes*</b></p> <p><b>Novice = (*N)</b>  <b>Intermediate = (*I)</b>  <b>Advanced = (*A)</b></p>		<p>Tues with Imali Sanduni Dahanayake,                  Wed with Bob McQuillen, Thurs with Matthew Azzopardi                  Thurs with Sue McQuillen</p>	
10.30am	North Balwyn Seniors Social Meeting & Music (Marwal)														
12.30pm	<b>Lunch</b>														
1.30pm	Brain Games														