

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. Maranoa Club, 6 Faversham Road, Canterbury. JANUARY 2023

MONDA	Y	TUESDA	Y	WEDNESDAY	THURSDAY		FRIDAY		SAT	SUN
Bookings Essential for all activities <b>9880 4709</b>			Exercise Classes*	Novice = (*N) Intermediate = (*I) Advanced = (*A)	Tuesdays Wednesdays & Thursdays Wednesdays & Thursdays	30		31	NEW YEARS DAY	
2		3		4	5		6		7	8
	OFFICE CLOSED CHRISTMAS/ NEW YEAR HOLIDAY BREAK CLOSED MONDAY 26 <sup>TH</sup> DECEMBER – REOPENS MONDAY 9TH JANUARY									
9		10		11	12		13		14	15
10.00am 12.30pm 1.30pm	Art Class Lunch Brain Games	Day Trip 9:45am 10.00am 11.15am 12.30pm 1.30pm	Glenroy RSL, Glenroy Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected — Tech Help	10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Movie	10am /11.00am 12pm /12.30pm 1.30pm	Exercise Class (*A) Exercise Class (*I) (Marwal) Lunch (Marwal) / Lunch (CC) BC-Connected — Tech Help Seniors Yoga	9.00am 9.00am 11.00am	Poyntons Garden Centre, Essendon Hairdresser Podiatry (Marwal) Exercise Physiology		12.30pm Lunch
16		17		18	19		20		21	22
10.00am 12.30pm 1.30pm 1.30pm	Science Works, Spotswood Art Class Lunch Brain Games Mahjong	9:45am 10.00am 11.15am 12.30pm 1.30pm	1to 20 Café, The Basin Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected — Tech Help	10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Movie	10am /11.00am 11.30am 12pm /12.30pm 1.30pm	Exercise Class (*A) Exercise Class (*I) (Marwal) BINGO Lunch (Marwal) / Lunch (CC) BC-Connected — Tech Help SCRABBLE Seniors Yoga	9.00am 9.00am 11.00am	Melbourne Gaol Tour, Melbourne Hairdresser (Marwal) Podiatry Exercise Physiology		12.30pm Lunch
23		24		25	26		27		28	29
10.00am 12.30pm 1.30pm 1.30pm	Art Class Lunch Brain Games Mahjong	9:45am 10.00am 11.15am 12.30pm 1.30pm	Templestowe Hotel, Templestowe Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected — Tech Help	10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Learn Laugh & Lunch Group 12.15pm Australia Day BBQ (Maranoa Club)	OFI AU:	FICE CLOSED STRALIA DAY ublic Holiday	9.00am 9.00am 11.00am	The Duck Inn Restaurant, Marysville Hairdresser Podiatry (Marwal) Exercise Physiology		12.30pm Lunch
30		31		WELCOME T	О А НАРРУ		J. C.			
10.00am 12.30pm 1.30pm 1.30pm	Boroondara Blokes King Henry's Restaurant, Sassafrass Art Class Lunch Brain Games Mahjong	9:45am 10.00am 11.15am 12.30pm 1.30pm	Roxburgh Park Hotel, Coolaroo Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected — Tech Help Client Afternoon Tea with Elizabeth	WE'RE PLANNING AN WITH WONDERFUL TRIPS, TO DELIGH	OTHER YEAR FILLED					



**Brain Games** 

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Canterbury Centre, 2 Rochester Road, Canterbury. Marwal Centre, 9 Marwal Avenue, Balwyn North. Maranoa Club, 6 Faversham Road, Canterbury. FEBRUARY 2023

MONDAY	Υ	TUESDAY		WEDNE	SDAY	THURSDAY		FRIDAY	,	SAT	SUN
Bookings Essential for all activities 9880 4709  Exercise Classes*  Novice = (*N)   Tuesdays   Tuesdays   Wednesdays & Thursdays   Wednesdays & Thursdays   Wednesdays & Thursdays   Wednesdays & Thursdays   Thur			1		2		3		4	5	
			10.00am 11.00am 10.30am 12.30pm 1.30pm 1.30pm	Exercise Class (*I) Exercise Class (*A) Learn Laugh & Lunch Group Lunch Social Stitchers Movie	10am /11.00am 10am /11.00am 11.30am 12pm /12.30pm 1.30pm 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) BINGO Lunch (Marwal) / Lunch (CC) BC-Connected — Tech Help SCRABBLE Seniors Yoga Pottery	9.00am 9.00am 11.00am	Blue Lotus Water Garden, Yarra Junction Hairdresser (Marwal) Podiatry Exercise Physiology		12.30pm Lunch	
6		7		8		9		10		11	12
10.00am 10.30am 12.30pm 1.30pm 1.30pm	Special Op Shop Outing, Vermont and Nunawading Art Class North Balwyn Seniors Social Meeting & Music (Marwal) Lunch Brain Games Mahjong	9:45am 10.00am 11.15am 12.30pm 1.30pm	Fountaingate Hotel, Narre Warren Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected - Tech Help	10.00am 11.00am 11.00am 12.30pm 1.30pm 1.30pm	Exercise Class (*I) Exercise Class (*A) Music Always Performance Lunch Social Stitchers Movie	10am /11.00am 10am /11.00am 12pm /12.30pm 1.30pm 1.30pm 1.30pm 2.00pm	Exercise Class (*A)  Exercise Class (*I) (Marwal)  Lunch (Marwal) / Lunch (CC)  BC-Connected — Tech Help  SOLO / WHIST / Canasta  Seniors Yoga  Pottery	9.00am 9.00am 11.00am	The Settlement Hotel, Cranbourne Hairdresser Podiatry (Marwal) Exercise Physiology		12.30pm Lunch
13		14		15		16		17		18	19
Day Trip 10.00am 10.30am 12.30pm 1.30pm	Boroondara Blokes Kyneton RSL, Kyneton Art Class North Balwyn Seniors Social Meeting & Music (Marwal) Lunch Brain Games	9:45am 10.00am 11.15am 12.30pm 1.30pm	Cherry Hill Tavern, Doncaster East Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected - Tech Help	10.00am 11.00am 10.30am 12.30pm 1.30pm 1.30pm	Exercise Class (*I) Exercise Class (*A) Learn Laugh & Lunch Group Lunch Social Stitchers Movie	10am /11.00am 10am /11.00am 11.30am 12pm /12.30pm 1.30pm 1.30pm 2.00pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) BINGO Lunch (Marwal) / Lunch (CC) BC-Connected — Tech Help SCRABBLE Seniors Yoga Pottery	9.00am 9.00am 11.00am	BrandSmart Outlet, Nunawading Hairdresser (Marwal) Podiatry Exercise Physiology		12.30pm Lunch
20		21		22		23		24		25	26
10.00am 10.30am 12.30pm 1.30pm 1.30pm	Art Class North Balwyn Seniors Social Meeting & Music (Marwal) Lunch Brain Games Mahjong	9:45am 10.00am 11.15am 12.30pm 1.30pm	Dromana RSL, Dromana Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected - Tech Help	10.00am 11.00am 10.30am 12.30pm 1.30pm 1.30pm 2.00pm	Exercise Class (*I) Exercise Class (*A) Learn Laugh & Lunch Group Lunch Social Stitchers Movie Mail Out Working Bee	10am /11.00am 10am /11.00am 12pm /12.30pm 1.30pm 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) Lunch (Marwal) / Lunch (CC) BC-Connected – Tech Help SOLO / WHIST / Canasta Seniors Yoga Pottery	9.00am 9.00am 11.00am	Alexander McQueen Showcase, NGV Melbourne Hairdresser Podiatry (Marwal) Exercise Physiology		12.30pm Lunch
27		28					Group Classes				
10.00am 10.30am 12.30pm 1.30pm	Boroondara Blokes The Motorist Museum, Gembrook Art Class North Balwyn Seniors Social Meeting & Music (Marwal) Lunch Brain Games	9:45am 10.00am 11.15am 12.30pm 1.30pm	Xiang Garden Chinese Restaurant, Whittlesea Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected - Tech Help				MATT Book Today	FAI esday	veek Exercise Physion LS PREV  we 14 <sup>th</sup> March 2023  nterbury Centre, 2 Roches	ekly class	TON ses starting 1–2.30pm