

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN
31 Special Day Trip 10.00am Op Shopping 10.00am Oakleigh Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected - 1.30pm Tech Help				<h1 style="text-align: center;">CHRISTMAS</h1> <p style="text-align: center;">IN AUGUST LUNCH</p> <p style="text-align: center;">Wednesday 16th August 12.15pm</p> <p style="text-align: center;">Canterbury Centre 2 Rochester Road, Canterbury</p>		<p style="text-align: center;">\$30 BOOK TODAY</p> <p style="text-align: center;">Book by Wednesday 9th August</p>		<p style="text-align: center;">Bookings essential for all activities 9880 4709</p> <p style="text-align: center;">Exercise Classes*</p> <p>Novice = (*N) Tuesdays Intermediate = (*I) Wednesdays & Thursdays Advanced = (*A) Wednesdays & Thursdays</p> <p style="text-align: center;">Exercise Physiology available by appointment</p>		1	2
3 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC-Connected - Tech Help		4 Day Trip 10.00am Glengala Hotel, Sunshine 11.15am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected - Tech Help		5 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie		6 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 12.30pm Lunch 1.30pm SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery		7 Day Trip 9.00am Warran Glen Nursery, Warrandyte 9.00am Hairdresser (Marwal) 9.00am Podiatry 1.30pm BC-Connected - Tech Help		8	9
10 Day Trip 10.00am Boroondara Blokes, The Workers Club, Dandenong 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected - Tech Help		11 Day Trip 10.00am Warburton Hotel, Warburton 11.15am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected - Tech Help		12 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie		13 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Special Presentation 12.30pm Lunch 1.30pm OXFORD SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery		14 Day Trip 9.00am The Dragon Chinese Restaurant, Frankston 9.00am Hairdresser 9.00am Podiatry (Marwal) 1.30pm BC-Connected - Tech Help		15	16
17 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC-Connected - Tech Help		18 Day Trip 10.00am National Wool Museum, Geelong 11.15am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected - Tech Help		19 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie		20 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 12.30pm Lunch 1.30pm SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery		21 Day Trip 9.00am Abbotsford Convent Bakery, Abbotsford 9.00am Hairdresser (Marwal) 9.00am Podiatry 1.30pm Paint & Sip 1.30pm BC-Connected - Tech Help		22	23
24 Day Trip 10.00am Boroondara Blokes, MCG Tour, Yarra Park 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected - Tech Help		25 Day Trip 10.00am Pierre Bonnard Exhibition, NGV Melbourne 11.15am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected - Tech Help		26 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie		27 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 12.30pm Lunch 1.30pm OXFORD SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery		28 Day Trip 9.00am Hunted Antiques and Collectables, Bayswater 9.00am Hairdresser 9.00am Podiatry (Marwal) 10.30am Friday Flicks Movie Group 11.00am Exercise Physiology 1.30pm BC-Connected - Tech Help		29	30

* Prices listed are for recipients of the Commonwealth Home Support Program subsidy. To receive this subsidy you will need a My Aged Care number and referral. Please call **9880 4709** to be advised of the standard cost.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN								
 <p>Body Health by BASScare</p> <p>Exercise Physiology available by appointment</p>		1	2	3	4	5	6												
		Day Trip 10.00am 11.15am 12.30pm 1.30pm 1.30pm 1.30pm	Melbourne Aquarium, Melbourne Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Build Your Own Program Discussion	10.00am 11.00am 10.30am 12.30pm 1.30pm 1.30pm	Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Social Stitchers Movie	10.00am 10am / 11.00am 12.30pm 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) Lunch SCRABBLE Seniors Yoga Pottery	Day Trip 9.00am 9.00am 1.30pm	The Ninth Ave Café, Westmeadows Hairdresser (Marwal) Podiatry BC-Connected – Tech Help										
7		8		9		10		11		12	13								
Day Trip 10.00am 10.00am 12.30pm 1.30pm 1.30pm 1.30pm		Boroondara Blokes McDaid's Irish Pub, Rosebud Art Class Tai Chi Lunch Brain Games Mahjong BC-Connected – Tech Help		Day Trip 10.00am 11.15am 12.30pm 1.30pm		Montmorency–Eltham RSL, Eltham 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) Lifelong Learning Group Lunch Social Stitchers Movie		10.00am 10am / 11.00am 11.00am 12.30pm 1.30pm 1.30pm 2.00pm		Exercise Class (*A) Exercise Class (*I) (Marwal) Music Always Presentation Lunch OXFORD SCRABBLE Seniors Yoga Pottery		Day Trip 9.00am 9.00am 1.30pm	La Prima Opera Gala, Frankston Arts Centre Hairdresser Podiatry (Marwal) BC-Connected – Tech Help		
14		15		16		17		18		19	20								
Special Day Trip 10.00am 10.00am 12.30pm 1.30pm 1.30pm		Outlet Shopping Simba/ Sheraton, Bayswater Art Class Tai Chi Lunch Brain Games BC-Connected – Tech Help		Day Trip 10.00am 11.15am 12.30pm 1.30pm		JBJ's Restaurant and Bar, Taylor's Lake Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help		10.00am 11.00am 10.30am 12.15pm 1.30pm		Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Christmas in August Lunch Social Stitchers		10.00am 10am / 11.00am 11.30am 12.30pm 1.30pm 2.00pm 2.00pm		Exercise Class (*A) Exercise Class (*I) (Marwal) Special Presentation Lunch SCRABBLE Seniors Yoga Pottery		Day Trip 9.00am 9.00am 1.30pm 1.30pm	Fountains Training Restaurant, Box Hill TAFE Hairdresser (Marwal) Podiatry BC-Connected – Tech Help Paint & Sip		
21		22		23		24		25		26	27								
Day Trip 10.00am 10.00am 12.30pm 1.30pm 1.30pm 1.30pm		Boroondara Blokes – Red Bluff Look-out, Black Rock Art Class Tai Chi Lunch Brain Games Mahjong BC-Connected – Tech Help		Day Trip 10.00am 11.15am 12.30pm 1.30pm		Conservatory Café, Croydon Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help		10.00am 11.00am 10.30am 12.30pm 1.30pm 1.30pm 1.30pm 1.30pm		Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Social Stitchers Movie Mail Out Working Bee		10.00am 10am / 11.00am 12.30pm 1.30pm 1.30pm 2.00pm		Exercise Class (*A) Exercise Class (*I) (Marwal) Lunch OXFORD SCRABBLE Seniors Yoga Pottery		Day Trip 9.00am 9.00am 10.30am 1.30pm	Prahan Markets, Prahan Hairdresser Podiatry (Marwal) Friday Flicks Movie Group BC-Connected – Tech Help		
28		29		30		31		Bookings essential for all activities 9880 4709 Exercise Classes* Novice = (*N) Tuesdays Intermediate = (*I) Wednesdays & Thursdays Advanced = (*A) Wednesdays & Thursdays Exercise Physiology available by appointment											
10.00am 10.00am 12.30pm 1.30pm 1.30pm		Art Class Tai Chi Lunch Brain Games BC-Connected – Tech Help		Day Trip 10.00am 11.15am 12.30pm 1.30pm		San Remo 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) Lifelong Learning Group Lunch Social Stitchers Movie		10.00am 10am / 11.00am 12.30pm 1.30pm 2.00pm		Exercise Class (*A) Exercise Class (*I) (Marwal) High Tea Fundraiser Seniors Yoga Pottery	

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