

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT	SUN	
						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		1	2	3		
		Day Trip 9.00am Hairdressing (Marwal) 9.00am Podiatry						Day Trip 9.00am Hairdressing (Marwal) 9.00am Podiatry (Marwal)				
4	10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC-Connected - Tech Help	5	Day Trip 10.00am 11.15am 12.30pm Lunch 1.30pm BC-Connected - Tech Help	6	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	7	10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery	8	Day Trip 9.00am Hairdressing (Marwal) 9.00am Podiatry (Marwal)	9	10	
11	Day Trip 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected - Tech Help	12	Day Trip 10.00am 11.15am 12.30pm Lunch 1.30pm BC-Connected - Tech Help 1.30pm Falls Prevention	13	10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 11.00am Music Always Presentation 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	14	10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Special Presentation 1.30pm Music Memories 1.30pm Seniors Yoga 2.00pm Pottery	15	Day Trip 9.00am Hairdressing (Marwal) 9.00am Podiatry	16	17	
18	10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC-Connected - Tech Help	19	Day Trip 10.00am 11.15am 12.30pm Lunch 1.30pm BC-Connected - Tech Help 1.30pm Falls Prevention	20	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	21	10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery	22	Day Trip 9.00am Hairdressing (Marwal) 9.00am Podiatry (Marwal) 10.30am Friday Flicks!	23	24	
25	Day Trip 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected - Tech Help	26	Day Trip 10.00am 11.15am 12.30pm Lunch 1.30pm BC-Connected - Tech Help 1.30pm Falls Prevention	27	10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.15pm Grand Final Luncheon 1.30pm Social Stitchers	28	10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm Music Memories 1.30pm Seniors Yoga 2.00pm Pottery	29 OFFICE CLOSED GRAND FINAL DAY Public Holiday		30	1

* 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
2		3		4		5		6		7	8
Seniors' Week Open Day 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC-Connected – Tech Help		Day Trip 10.00am Gordon Glass Blowing Studio, Red Hill 11.15am Exercise Class (*N) 12.30pm Exercise Class (*N) Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention		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		10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm SCRABBLE 1.30pm Seniors Yoga 1.30pm Activities Committee Meeting 2.00pm Pottery		Day Trip 9.00am Archibald Prize, Mornington 9.00am Hairdressing 9.00am Podiatry (Marwal)			
9		10		11		12		13		14	15
Day Trip Fratelli's Restaurant, Frankston 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected – Tech Help		Day Trip Berwick Springs Hotel, Berwick 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention		10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Oktoberfest LLG Special 12.30pm Oktoberfest Luncheon 1.30pm Social Stitchers 1.30pm Movie		10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm Music Memories 1.30pm Seniors Yoga 2.00pm Pottery		Day Trip Rayners Orchard Tour, Woori Yallock 9.00am Hairdressing (Marwal) 9.00am Podiatry			
16		17		18		19		20		21	22
Day Trip Outlet Shopping Trip – Fella Hamilton Outlet, Moorrabin 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC-Connected – Tech Help		Day Trip Day trip to Daylesford 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention		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		10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery		Day Trip Frankston Arts Centre, Jazz! 9.00am Hairdressing 9.00am Podiatry (Marwal)			
23		24		25		26		27		28	29
Day Trip Boroondara Blokes – Mount Dandenong 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected – Tech Help		Day Trip Longbeach RSL, Chelsea 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention		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 1.30pm Mail Out Working Bee		10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 1.30pm Music Memories 1.30pm Seniors Yoga 2.00pm Pottery		Day Trip Deakin University Law Building Tour, Burwood 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.30am Friday Flicks			
30		31									
10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected – Tech Help		Day Trip Hubert Estate, Coldstream 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention									



RSVP by Friday 6th October

Oktoberfest
Wednesday
11th October

10:30AM: PRESENTATION \$15*
12:30PM: SPECIAL LUNCH AND BEER TASTING \$12*

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

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