Canterbury Centre, 2 Rochester Road, Canterbury.

Marwal Centre, 9 Marwal Avenue, Balwyn North. Maranoa Club, 6 Faversham Road, Canterbury. SEPTEMBER 2023

MONDA	Y	TUESDAY	′	WEDNES	SDAY	THURSDAY		FRIDAY		SAT	SUN
Wedne Canterbu	oty Finast ast sday 27th September Poad, Canterbury			\$2	RSVP by Wednesday	Exercisovice = (*N) termediate = (*I) dvanced = (*A)	ntial for all activities 80 4709 se Classes* Tuesdays Wednesdays & Thursdays Wednesdays & Thursdays	Day Trip 9.00am 9.00am	Croydon Hotel Hairdressing (Marwal) Podiatry	2	3
4 10.00am 10.00am 12.30pm 1.30pm 1.30pm	Art Class Tai Chi Lunch Brain Games Mahjong BC-Connected - Tech Help	5 Day Trip 10.00am 11.15am 12.30pm 1.30pm	Dandenong Club, Dandenong 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	7 10.00am 10am /11.00am 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) SCRABBLE Seniors Yoga Pottery	B Day Trip 9.00am 9.00am	Golden Spoon Bistro, Cockatoo Hairdressing Podiatry (Marwal)	9	10
Day Trip 10.00am 10.00am 12.30pm 1.30pm	Boroondara Blokes, Ringwood Golf Club Art Class Tai Chi Lunch Brain Games BC-Connected - Tech Help	12 Day Trip 10.00am 11.15am 12.30pm 1.30pm	Grant's on Sherbrook, Kallista Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected - Tech Help Falls Prevention	10.00am 11.00am 11.00am 12.30pm 1.30pm 1.30pm	Exercise Class (*I) Exercise Class (*A) Music Always Presentation Lunch Social Stitchers Movie	14 10.00am 10am /11.00am 11.30am 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) Special Presentation Music Memories Seniors Yoga Pottery	Day Trip 9.00am 9.00am	Big Bouquet, Healesville Hairdressing (Marwal) Podiatry	16	17
18 10.00am 10.00am 12.30pm 1.30pm 1.30pm 1.30pm	Art Class Tai Chi Lunch Brain Games Mahjong BC-Connected - Tech Help	19 Day Trip 10.00am 11.15am 12.30pm 1.30pm	Flemington Racecourse Tour Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected - Tech Help Falls Prevention	10.00am 11.00am 10.30am 10.30am 12.30pm 1.30pm 1.30pm	Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Social Stitchers Movie	21 10.00am 10am /11.00am 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) SCRABBLE Seniors Yoga Pottery	9.00am 9.00am 10.30am	Diamond Chinese Restaurant, The Basin Hairdressing Podiatry (Marwal) Friday Flicks!	23	24
25 Day Trip 10.00am 10.00am 12.30pm 1.30pm 1.30pm	Boroondara Blokes, Drive to Hastings Art Class Tai Chi Lunch Brain Games BC-Connected - Tech Help	26 Day Trip 10.00am 11.15am 12.30pm 1.30pm	AMCI Exhibition Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected - Tech Help Falls Prevention	10.00am 11.00am 10.30am 12.15pm 1.30pm	Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Grand Final Luncheon Social Stitchers	10.00am 10am /11.00am 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) Music Memories Seniors Yoga Pottery		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.

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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. OCTOBER 2023

MONDA'	Υ	TUESDA	Υ	WEDNE	SDAY	THURSDAY		FRIDAY		SAT	SUN
2		3		4		5		6		7	8
10.00am 10.00am 12.30pm 1.30pm 1.30pm 1.30pm	Seniors' Week Open Day Art Class Tai Chi Lunch Brain Games Mahjong BC-Connected - Tech Help	Day Trip 10.00am 11.15am 12.30pm 1.30pm 1.30pm	Gordon Glass Blowing Studio, Red Hill Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected — Tech Help Falls Prevention	11.00am	Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Social Stitchers Movie	10.00am 10am /11.00am 1.30pm 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) SCRABBLE Seniors Yoga Activities Committee Meeting Pottery	9.00am 9.00am	Archibald Prize, Mornington Hairdressing Podiatry (Marwal)		
9		10		11		12		13		14	15
Day Trip 10.00am 10.00am 12.30pm 1.30pm 1.30pm	Fratelli's Restaurant, Frankston Art Class Tai Chi Lunch Brain Games BC-Connected - Tech Help	Day Trip 10.00am 11.15am 12.30pm 1.30pm	Berwick Springs Hotel, Berwick Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected — Tech Help Falls Prevention	11.00am 10.30am	Exercise Class (*I) Exercise Class (*A) Oktoberfest LLG Special Oktoberfest Luncheon Social Stitchers Movie	10.00am 10am /11.00am 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) Music Memories Seniors Yoga Pottery	9.00am 9.00am	Rayners Orchard Tour, Woori Yallock Hairdressing(Marwal) Podiatry		
16		17		18		19		20		21	22
Day Trip 10.00am 10.00am 12.30pm 1.30pm 1.30pm 1.30pm	Outlet Shopping Trip - Fella Hamilton Outlet, Moorrabin Art Class Tai Chi Lunch Brain Games Mahjong BC-Connected - Tech Help	Day Trip 10.00am 11.15am 12.30pm 1.30pm 1.30pm	Day trip to Daylesford Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected — Tech Help Falls Prevention	11.00am	Lifelong Learning Group	10.00am 10am /11.00am 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) SCRABBLE Seniors Yoga Pottery	9.00am 9.00am	Frankston Arts Centre, Jazz! Hairdressing Podiatry (Marwal)		
23		24		25		26		27		28	29
Day Trip 10.00am 10.00am 12.30pm 1.30pm 1.30pm	Boroondara Blokes - Mount Dandenong Art Class Tai Chi Lunch Brain Games BC-Connected — Tech Help	Day Trip 10.00am 11.15am 12.30pm 1.30pm	Longbeach RSL, Chelsea Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected — Tech Help Falls Prevention	11.00am	Exercise Class (*I) Exercise Class (*A) Lifelong Learning Group Lunch Social Stitchers Movie Mail Out Working Bee	10.00am 10am /11.00am 1.30pm 1.30pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) Music Memories Seniors Yoga Pottery	9.00am 9.00am 10.30am	Deakin University Law Building Tour, Burwood Hairdressing (Marwal) Podiatry Friday Flicks		
30		31					Oktoberfest	В	ookings essential for al	ll activi	ies
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	Hubert Estate, Coldstream Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected — Tech Help Falls Prevention	RSVP Friday Octob	6th		Wednesday 11th October 10:30AM: PRESENTATION \$15* 12:30PM: SPECIAL LUNCH AND BEER TASTING \$12*	Novid Interi Adva	Exercise Classes te = (*N) Tuesdays mediate = (*i) Wednesday nced = (*A) Wednesday rcise Physiology available	ys & Thur ys & Thur	sdays

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