

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
 <p>MOTHERS' DAY HIGH TEA Wednesday 8th May 12.15pm - 2.00pm</p> <p>Book Today \$35</p> <p>Please book and pay by Friday, 3rd May</p> <p>Canterbury Centre, 2 Rochester Road, Canterbury</p>		<p>Bookings essential for all activities 9880 4709</p> <p>Exercise Classes*</p> <p>Novice = (*N) Tuesdays Intermediate = (*I) Wednesdays & Thursdays Advanced = (*A) Wednesdays & Thursdays</p> <p>Exercise Physiology available by appointment</p>	<p>1</p> <p>9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Knitting Group</p>	<p>2</p> <p>10.00am / 11.00am Exercise Class (*A/*N) 10.00am / 11.00am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 1.30pm Scrabble 2.00pm Pottery 2.30pm BC-Connected – Tech Help</p>	<p>3</p> <p>Day Trip Westernport Hotel, Hastings 9.00am Exercise Physiology 9.00am Hairdressing 9.00am Podiatry (Marwal) 10.00am Chatty Cafe</p>	4	5
<p>6</p> <p>Day Trip Boroondara Blokes Whittlesea Bakehouse, Whittlesea 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC Connected – Tech Help 1.30pm Mahjong</p>	<p>7</p> <p>Day Trip Waverly Antique Bazaar, Clayton 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention</p>	<p>8</p> <p>9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.15pm Mothers' Day High Tea Event 1.30pm Social Stitchers 1.30pm Knitting Group</p>	<p>9</p> <p>10.00am / 11.00am Exercise Class (*A/*N) 10.00am / 11.00am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 2.00pm Music Memories 2.00pm Pottery 2.30pm BC-Connected – Tech Help</p>	<p>10</p> <p>Day Trip The Shingle Inn, Fountain Gate 9.00am Exercise Physiology 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.00am Chatty Cafe</p>	11	12	
<p>13</p> <p>9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC Connected – Tech Help</p>	<p>14</p> <p>Day Trip Golden Dragon Chinese Restaurant, Lalor 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention</p>	<p>15</p> <p>9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Knitting Group</p>	<p>16</p> <p>10.00am / 11.00am Exercise Class (*A/*N) 10.00am / 11.00am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 1.30pm Scrabble 2.00pm Pottery 2.30pm BC-Connected – Tech Help</p>	<p>17</p> <p>Day Trip Mount Evelyn 9.00am Exercise Physiology 9.00am Hairdressing 9.00am Podiatry (Marwal) 10.00am Chatty Cafe</p>	18	19	
<p>20</p> <p>Day Trip Boroondara Blokes Somerville Hotel 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC Connected – Tech Help 1.30pm Mahjong</p>	<p>21</p> <p>Day Trip Sands Hotel, Carrum Downs 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention</p>	<p>22</p> <p>9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Knitting Group</p>	<p>23</p> <p>10.00am / 11.00am Exercise Class (*A/*N) 10.00am / 11.00am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 2.00pm Music Memories 2.00pm Pottery 2.30pm BC-Connected – Tech Help</p>	<p>24</p> <p>Day Trip Australian Tapestry Workshop, South Melbourne 9.00am Exercise Physiology 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.00am Chatty Cafe 10.30am The Biggest Morning Tea</p>	25	26	
<p>27</p> <p>9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected – Tech Help</p>	<p>28</p> <p>Day Trip Costco, Ringwood 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention</p>	<p>29</p> <p>9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Knitting Group</p>	<p>30</p> <p>Special Day Trip Da Vinci @ The Lume, Melbourne CBD 10.00am / 11.00am Exercise Class (*A/*N) 10.00am / 11.00am Exercise Class (*I) (Marwal) 1.30pm Seniors Yoga 2.00pm Pottery 2.30pm BC-Connected – Tech Help</p>	<p>31</p> <p>Day Trip Gin Finity, Belgrave 9.00am Exercise Physiology 9.00am Hairdressing 9.00am Podiatry (Marwal) 10.00am Chatty Cafe 10.30pm Friday Flicks</p>			

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT SUN



New!
Chatty Cafe
Keeping your community connected

FREE

Chatty Cafe aims to get people chatting and encourage social connections within the local community. Chatting is such a simple concept but so important for your mental and physical health. Join us for a cuppa and conversation each Friday at the Canterbury Centre.

Friday's
10.00am - 11.30am

Canterbury Centre, 2
Rochester Road, Canterbury

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

3	4	5	6	7	8	9
Day Trip Boroondara Blokes – Sandy Beach Kiosk, Sandringham 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC Connected – Tech Help 1.30pm Mahjong	Day Trip Parliament House Tour, East Melbourne 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Italian Day Luncheon 1.30pm Social Stitchers 1.30pm Knitting Group 2.00pm Movie	10.00am / 11.00am Exercise Class (*A/*N) 10.00am / 11.00am Exercise Class (*I) (Marwal) Seniors Yoga 1.30pm Scrabble 1.30pm Music Memories 2.00pm Pottery 2.00pm BC-Connected – Tech Help 2.30pm	Day Trip Farm Vigano Italian Restaurant, South Morang 9.00am Exercise Physiology 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.00am Chatty Cafe 10.30am iPhone Digital Course 10.30am Activity Committee Meeting		
10 OFFICE CLOSED KING'S BIRTHDAY Public Holiday	Day Trip Scenic Drive to Trentham 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Knitting Group	10.00am / 11.00am Exercise Class (*A/*N) 10.00am / 11.00am Exercise Class (*I) (Marwal) Seniors Yoga 1.30pm Pottery 2.00pm BC-Connected – Tech Help 2.30pm	Day Trip Yarra Valley Dairy Store and Cafe, Yering 9.00am Exercise Physiology 9.00am Hairdressing 9.00am Podiatry (Marwal) 10.00am Chatty Cafe 10.30am iPhone Digital Course		
Day Trip Boroondara Blokes Kilsyth/ Croydon Industrial Site Drive, Kilsyth 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected – Tech Help 1.30pm Mahjong	Day Trip The Grove Restaurant, Wallan 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Knitting Group 1.30pm Mail Out Working Bee	10.00am / 11.00am Exercise Class (*A/*N) 10.00am / 11.00am Exercise Class (*I) (Marwal) Seniors Yoga 1.30pm Scrabble 1.30pm Music Memories 2.00pm Pottery 2.00pm BC-Connected – Tech Help 2.30pm	Day Trip Wildflowers Music Event, Frankston Arts Centre 9.00am Exercise Physiology 9.00am Hairdressing (Marwal) 9.00am Podiatry 10.00am Chatty Cafe 10.30am iPhone Digital Course		
Shopping Trip Giovanni Outlet, Boronia 9.00am Exercise Physiology 10.00am Art Class 10.00am Tai Chi 12.30pm Lunch 1.30pm Brain Games 1.30pm BC-Connected – Tech Help	Day Trip Phoenix Hill Hotel, Point Cook 9.00am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	9.00am Exercise Physiology 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Movie 1.30pm Social Stitchers 1.30pm Knitting Group	10.00am / 11.00am Exercise Class (*A/*N) 10.00am / 11.00am Exercise Class (*I) (Marwal) Seniors Yoga 1.30pm Pottery 2.00pm BC-Connected – Tech Help 2.30pm	Day Trip Monash University Library Tour, Caulfield 9.00am Exercise Physiology 9.00am Hairdressing 9.00am Podiatry (Marwal) 10.00am Chatty Cafe 10.30am Friday Flicks		

* 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.