

WEEKLY TIMETABLE

Note: Senior Citizens Club Activities require Annual Membership of \$25

HYDRO

GROUP EXERCISE

SOCIAL ACTIVITIES

SENIOR CITIZENS CLUB

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr; \$10.50	9am - 1pm Hydrotherapy Pool 1hr; \$10.50	9am - midday Hydrotherapy Pool 1hr; \$10.50	9am - midday Hydrotherapy Pool 1hr; \$10.50	9am - midday Hydrotherapy Pool 1hr; \$10.50
9.15am Tai Chi - Linda \$5 Seniors Club	9am Walking 50c for lucky draw Meeting point: varies Seniors Club	9.30am Heart Foundation Walking - free Start: Surf Club	9am Walking 50c for lucky draw Meeting point: varies. Seniors Club	9.30am Painting - free Seniors Club
9.30am Heart Foundation Walking - free Start: Surf Club	9am Men's Strength Training; Michelle; \$10	10am 2nd & 4th Wed/mth Social Gardening Free	9am Men's Strength Training; Michelle; \$10	9.30am Heart Foundation Walking - Free. Start: Centro
10am Social cycling. Free. Enquire at Reception		10am Un-Finished Projects (UFP'S) Free		
10.30am Gentle Exercise; Linda \$5 Seniors Club	10am Women's Strength Training; Michelle; \$10		10am Women's Strength Training; Michelle; \$10	10am Social Cycling, Free; Enquire at Reception
	10am Yoga – suitable for all levels incl beginners Donella; \$12		10.30am Pilates Karen Anderson \$10	10am Seniors Club Learners Line dancing Free
	11am Kickstarters! Michelle \$10.		11am Kickstarters Michelle \$10.	10.30am Line dancing Seniors Club \$5
	11am Chair Yoga Donella; \$12	12.15pm Pilates; Karen Anderson \$10		
1pm, 1st& 3rd Mon/month Knitting; Free Seniors Club	Midday Pulse-lite Michelle \$10.	1.30pm Cards 500, \$1 Seniors Club	Midday Fit & Trim Michelle \$10.	1pm Cards Euchre, Free. Seniors Club
		1.30pm Mahjong \$2 Backgammon \$2		1pm Singalong Free Seniors Club
1.30pm Billiards - Free Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Billiards - Free Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Billiards - Free Seniors Club
			2pm Petanque - Free; Lake Pertobe Piste. Seniors Club	
	4.30pm Heart Foundation Walking - Free Start: Aquazone			