

HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROMGRAM INC

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Supported by



Queensland Government



AUGUST 2018

RECEPTION HOURS Monday 8:00 am - Thursday 4:00 pm Friday 8:00 am - 12:30 pm		DID YOU KNOW THAT THE LIBRARY HAS BOOKS, CD'S, DVD'S & JIGSAW PUZZLES		1 WEDNESDAY		2 THURSDAY		3 FRIDAY	
				8:00 - 9:00	Exercise for Seniors	8:00 - 12:00	Audio & Visual Group	9:00 - 10:00	Exercise for Seniors (Core Exercise)
				9:00 - 10:00	Exercise for Seniors	9:00 - 10:00	Chair Pilates	9:00 - 12:00	Mah Jong
				10:30 - 11:30	Meditation & Relaxation	10:00 - 10:45	Cumbia	10:00 - 11:00	Bands & Movement
				10:30 - 11:30	Yoga	10:00 - 3:45	Hand & Foot	11:10 - 12:00	Tai Chi - Beginner
				12:30 - 3:30	500 Cards	11:00 - 12:00	Soft Shoe Tap Dancing	Over 50's Lifestyle Expo 9:00 am - 2:00 pm See Notices	
				12:30 - 4:00	Sixty & Better Social Dance Group 12:30 - Doors Open 1:00 to 4:00 - Dancing	12:30 - 3:30	Guitar Lessons		
				12:45 - 2:45	Reiki	1:00 - 3:30	Art Classes		
6 MONDAY		7 TUESDAY		8 WEDNESDAY		9 THURSDAY		10 FRIDAY	
8:00 - 9:00	Exercise for Seniors	9:00 - 11:30	Indoor Bowls	8:00 - 9:00	Exercise for Seniors	8:00 - 12:00	Audio & Visual Group	9:00 - 10:00	Exercise for Seniors (Core Exercise)
9:00 - 10:00	Exercise for Seniors	9:00 - 12:00	Scrabble	9:00 - 10:00	Exercise for Seniors	9:00 - 10:00	Chair Pilates	9:00 - 12:00	Mah Jong
9:00 - 11:00	Paint Shop Pro Editing	9:30 - 12:15	Reiki	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting	10:00 - 11:00	Bands & Movement
9:00 - 12:00	Craft	11:30 - 2:30	Line Dancing	10:30 - 11:30	Yoga	10:00 - 10:45	Cumbia	10:00 - 11:00	Bands & Movement
10:10 - 11:30	Tai Chi	12:30 - 3:30	Hand & Foot - Beginners	12:30 - 3:30	500 Cards	10:00 - 3:45	Hand & Foot	11:10 - 12:00	Tai Chi - Beginner
12:00 - 3:00	Line Dancing	Field Trip	Camera Club	12:30 - 4:00	Sixty & Better Social Dance Group 12:30 - Doors Open 1:00 to 4:00 - Dancing	11:00 - 12:00	Soft Shoe Tap Dancing	OPEN DAY 9:00 am - 12:30 pm See Notices	
12:30 - 3:30	500 Cards			12:30 - 4:00	Sixty & Better Social Dance Group 12:30 - Doors Open 1:00 to 4:00 - Dancing	12:30 - 3:30	Guitar Lessons		
1:00 - 3:00	Texas Hold'em Poker			12:45 - 2:45	Reiki	1:00 - 3:30	Art Classes		
3:15 - 4:00	Cumbia								
13 MONDAY		14 TUESDAY		15 WEDNESDAY		16 THURSDAY		17 FRIDAY	
8:00 - 9:00	Exercise for Seniors	9:00 - 11:00	Weight Management	8:00 - 9:00	Exercise for Seniors	8:00 - 12:00	Audio & Visual Group	OPEN DAY 9:00 am - 12:30 pm See Notices	
9:00 - 10:00	Exercise for Seniors	9:00 - 11:30	Indoor Bowls	9:00 - 10:00	Exercise for Seniors	9:00 - 10:00	Chair Pilates		
9:00 - 11:00	Paint Shop Pro Editing	9:00 - 11:30	Scrabble	9:00 - 11:00	Backgammon - Cancelled	9:00 - 11:30	Patchwork / Quilting		
9:00 - 12:00	Craft	9:00 - 12:00	Reiki	10:30 - 11:30	Meditation & Relaxation	10:00 - 10:45	Cumbia		
10:10 - 11:30	Tai Chi	9:30 - 12:15	Line Dancing	10:30 - 11:30	Yoga	10:00 - 3:45	Hand & Foot	OPEN DAY 9:00 am - 12:30 pm See Notices	
12:00 - 3:00	Line Dancing	11:30 - 2:30	Hand & Foot - Beginners	12:30 - 3:30	500 Cards	11:00 - 12:00	Soft Shoe Tap Dancing		
12:30 - 3:30	500 Cards	12:30 - 3:30	Hand & Foot - Beginners	12:30 - 4:00	Sixty & Better Social Dance Group 12:30 - Doors Open 1:00 to 4:00 - Dancing	12:30 - 3:30	Guitar Lessons		
1:00 - 3:00	Texas Hold'em Poker			12:45 - 2:45	Reiki	1:00 - 3:30	Art Classes		
3:15 - 4:00	Cumbia							9:00 - 12:00	Mah Jong
20 MONDAY		21 TUESDAY		22 WEDNESDAY		23 THURSDAY		24 FRIDAY	
8:00 - 9:00	Exercise for Seniors	9:00 - 11:30	Indoor Bowls	8:00 - 9:00	Exercise for Seniors	8:00 - 12:00	Audio & Visual Group	9:00 - 10:00	Exercise for Seniors (Core Exercise)
9:00 - 10:00	Exercise for Seniors	9:00 - 12:00	Scrabble	9:00 - 10:00	Exercise for Seniors	9:00 - 10:00	Chair Pilates	9:00 - 12:00	Mah Jong
9:00 - 11:00	Paint Shop Pro Editing	9:30 - 12:15	Reiki	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting	10:00 - 11:00	Bands & Movement
9:00 - 12:00	Craft	12:30 - 3:30	Hand & Foot - Beginners	10:30 - 11:30	Yoga	10:00 - 10:45	Cumbia	10:00 - 11:00	Bands & Movement
10:10 - 11:30	Tai Chi	1:30 - 3:00	Camera Club	12:30 - 3:30	500 Cards	10:00 - 3:45	Hand & Foot	11:10 - 12:00	Tai Chi - Beginner
12:00 - 3:00	Line Dancing			12:30 - 4:00	Sixty & Better Social Dance Group 12:30 - Doors Open 1:00 to 4:00 - Dancing	11:00 - 12:00	Soft Shoe Tap Dancing	OPEN DAY 9:00 am - 12:30 pm See Notices	
12:30 - 3:30	500 Cards (Gazebo)			12:30 - 4:00	Sixty & Better Social Dance Group 12:30 - Doors Open 1:00 to 4:00 - Dancing	12:30 - 3:30	Guitar Lessons		
1:00 - 3:00	Texas Hold'em Poker			12:45 - 2:45	Reiki	1:00 - 3:30	Art Classes		
3:15 - 4:00	Cumbia								
27 MONDAY		28 TUESDAY		29 WEDNESDAY		30 THURSDAY		31 FRIDAY	
8:00 - 9:00	Exercise for Seniors	9:00 - 11:00	Weight Management	8:00 - 9:00	Exercise for Seniors	8:00 - 12:00	Audio & Visual Group	9:00 - 10:00	Exercise for Seniors (Core Exercise)
9:00 - 10:00	Exercise for Seniors	9:00 - 11:30	Indoor Bowls	9:00 - 10:00	Exercise for Seniors	9:00 - 10:00	Chair Pilates	9:00 - 12:00	Mah Jong
9:00 - 11:00	Paint Shop Pro Editing	9:00 - 12:00	Scrabble	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting	10:00 - 11:00	Bands & Movement
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10:10 - 11:30	Tai Chi	11:30 - 2:30	Line Dancing	12:30 - 3:30	500 Cards	10:00 - 3:45	Hand & Foot	OPEN DAY 9:00 am - 12:30 pm See Notices	
12:00 - 3:00	Line Dancing	12:30 - 3:30	Hand & Foot - Beginners	12:30 - 4:00	Sixty & Better Social Dance Group 12:30 - Doors Open 1:00 to 4:00 - Dancing	11:00 - 12:00	Soft Shoe Tap Dancing		
12:30 - 3:30	500 Cards			12:30 - 4:00	Sixty & Better Social Dance Group 12:30 - Doors Open 1:00 to 4:00 - Dancing	12:30 - 3:30	Guitar Lessons		
1:00 - 3:00	Texas Hold'em Poker			12:45 - 2:45	Reiki	1:00 - 3:30	Art Classes		
3:15 - 4:00	Cumbia								