

# HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM INC

Dan 'Dinna House, 459 Boat Harbour Drive, Torquay QLD 4655

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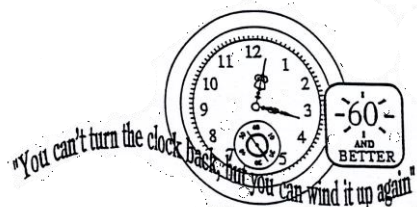
Website: 60betterherveybay.com.au

**FEBRUARY 2021**

Supported by



Queensland  
Government



**Coming Soon**  
**SALE DAY 19th MARCH**  
**Accepting donated items now**  
**in reception**

## RECEPTION HOURS

Monday & Wednesday

7:30am - 4:00pm

Tuesday & Thursday

8:00 am - 4:00 pm

Friday 8:00 am - 12:30 pm

## DID YOU KNOW

The library has Book's, CD's

DVD's, jigsaw puzzles &

Games

You can find large print

books in reception

## REIKI BOOKINGS ESSENTIAL

1 MONDAY		2 TUESDAY		3 WEDNESDAY		4 THURSDAY		5 FRIDAY	
8:00 - 8:50	Exercise - Konga Low	9:00 - 11:30	Indoor Bowls	8:00 - 8:50	Exercise - Circuit	8:45 - 9:45	Balance & Movement	8:00 - 8:50	Exercise - Chair Combo
9:00 - 9:50	Exercise - Konga Low	9:00 - 12:00	Scrabble	9:00 - 9:50	Exercise - Circuit	9:00 - 11:30	Patchwork / Quilting	9:00 - 9:50	Exercise - Chair Combo
9:00 - 12:00	Craft	9:00 - 12:30	Guitar Group	8:30 - 11:30	Card Making	10:00 - 10:45	Cumbia	9:00 - 12:00	Mah Jong
10:15 - 11:15	Tai Chi	9:30 - 12:15	Reiki	10:15 - 11:30	Yoga	10:00 - 3:45	Hand & Foot		
11:30 - 2:30	Line Dancing	11:30 - 2:30	Line Dancing	10:30 - 11:30	Meditation & Relaxation	11:00 - 12:00	Ballet for Seniors		
12:30 - 3:30	500 Cards			12:30 - 3:30	500 Cards	12:30 - 3:30	Guitar Group		
12:30 - 3:00	Texas Hold'em Poker			12:30 - 4:00	Sixty & Better Social Dance	1:00 - 4:00	Art Class		
2:45 - 3:30	Cumbia				12:30 Doors Open 1:00 to 4:00 Dancing				
8 MONDAY		9 TUESDAY		10 WEDNESDAY		11 THURSDAY		12 FRIDAY	
8:00 - 8:50	Exercise - Konga Low	9:00 - 11:00	Support & Friendship Group	8:00 - 8:50	Exercise - Circuit	8:45 - 9:45	Balance & Movement	8:00 - 8:50	Exercise - Chair Combo
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2:45 - 3:30	Cumbia				12:30 Doors Open 1:00 to 4:00 Dancing				
22 MONDAY		23 TUESDAY		24 WEDNESDAY		25 THURSDAY		26 FRIDAY	
8:00 - 8:50	Exercise - Konga Low	9:00 - 11:00	Support & Friendship Group	8:00 - 8:50	Exercise - Circuit	8:45 - 9:45	Balance & Movement	8:00 - 8:50	Exercise - Chair Combo
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