

# HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM INC

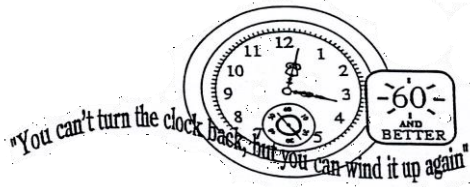
Dan 'Dinna House, 459 Boat Harbour Drive, Torquay QLD 4655

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Supported by



## MAY 2019

RECEPTION HOURS		DID YOU KNOW		1 WEDNESDAY		2 THURSDAY		3 FRIDAY	
<b>Monday &amp; Wednesday</b> 7:30 am - 4:00 pm <b>Tuesday &amp; Thursday</b> 8:00 am - 4:00 pm <b>Friday 8:00 am - 12:30 pm</b>		The library has Book's, CD's, DVD's & jigsaw puzzles You can find large print books in reception		7:30 - 8:20 Exercise for Seniors - Circuit		8:00 - 12:00 Audio & Visual Group		9:00 - 10:00 Exercise for Seniors - Core	
				8:20 - 9:10 Exercise for Seniors - Circuit		9:00 - 10:00 Chair Pilates		9:00 - 12:00 Mah Jong	
		9:00 - 11:30 Indoor Bowls 9:00 - 12:00 Scrabble 9:30 - 12:15 Reiki 11:30 - 2:30 Line Dancing 12:30 - 3:30 Guitar Group 12:30 - 3:30 Mah Jong Field Trip Camera Club		9:10 - 10:00 Exercise for Seniors - Circuit		9:00 - 11:30 Patchwork / Quilting		10:00 - 11:00 Bands & Movement	
				10:30 - 11:30 Meditation & Relaxation		10:00 - 10:45 Cumbia			
6 MONDAY		7 TUESDAY		8 WEDNESDAY		9 THURSDAY		10 FRIDAY	
				7:30 - 8:20 Exercise for Seniors - Circuit		8:00 - 12:00 Audio & Visual Group		9:00 - 10:00 Exercise for Seniors - Core	
				8:20 - 9:10 Exercise for Seniors - Circuit		9:00 - 10:00 Chair Pilates		9:00 - 12:00 Mah Jong	
				9:10 - 10:00 Exercise for Seniors - Circuit		9:00 - 11:30 Patchwork / Quilting		10:00 - 11:00 Bands & Movement	
				10:30 - 11:30 Meditation & Relaxation		10:00 - 10:45 Cumbia			
				10:30 - 11:30 Yoga		10:00 - 3:45 Hand & Foot			
				12:30 - 3:30 500 Cards		11:00 - 12:00 Soft Shoe Tap Dancing			
				12:30 - 4:00 Sixty & Better Social Dance Group		12:30 - 3:30 Guitar Group			
				12:30 - Doors Open		1:00 - 3:30 Art Classes - Suspended			
				1:00 to 4:00 - Dancing					
13 MONDAY		14 TUESDAY		15 WEDNESDAY		16 THURSDAY		17 FRIDAY	
7:30 - 8:20 Exercise for Seniors - Chairs		9:00 - 11:00 Weight Management		7:30 - 8:20 Exercise for Seniors - Circuit		<b>CANCER COUNCIL</b>  <b>BIGGEST MORNING TEA</b>  Donation \$10.00  9.00 am - 12.00 Noon		9:00 - 10:00 Exercise for Seniors - Core	
8:20 - 9:10 Exercise for Seniors - Chairs		Support & Friendship Group		8:20 - 9:10 Exercise for Seniors - Circuit				9:00 - 12:00 Mah Jong	
9:10 - 10:00 Exercise for Seniors - Chairs		9:00 - 11:30 Indoor Bowls		9:10 - 10:00 Exercise for Seniors - Circuit				10:00 - 11:00 Bands & Movement	
9:00 - 12:00 Craft		9:00 - 12:00 Scrabble		9:00 - 11:00 Backgammon - Suspended					
10:10 - 11:30 Tai Chi		9:30 - 12:15 Reiki		10:30 - 11:30 Meditation & Relaxation					
12:00 - 3:00 Line Dancing		11:30 - 2:30 Line Dancing		10:30 - 11:30 Yoga					
12:30 - 3:30 500 Cards		12:30 - 3:30 Guitar Group		12:30 - 3:30 500 Cards					
1:00 - 3:00 Texas Hold'em Poker		12:30 - 3:30 Mah Jong		12:30 - 4:00 Sixty & Better Social Dance Group					
				12:30 - Doors Open					
				1:00 to 4:00 - Dancing					
20 MONDAY		21 TUESDAY		22 WEDNESDAY		23 THURSDAY		24 FRIDAY	
7:30 - 8:20 Exercise for Seniors - Chairs		9:00 - 11:30 Indoor Bowls		7:30 - 8:20 Exercise for Seniors - Circuit		8:00 - 12:00 Audio & Visual Group		  <b>SHOW DAY</b>	
8:20 - 9:10 Exercise for Seniors - Chairs		9:00 - 12:00 Scrabble		8:20 - 9:10 Exercise for Seniors - Circuit		9:00 - 10:00 Chair Pilates			
9:10 - 10:00 Exercise for Seniors - Chairs		9:30 - 12:15 Reiki		9:10 - 10:00 Exercise for Seniors - Circuit		9:00 - 11:30 Patchwork / Quilting			
9:00 - 12:00 Craft		12:30 - 3:30 Guitar Group		10:30 - 11:30 Meditation & Relaxation		10:00 - 10:45 Cumbia			
10:10 - 11:30 Tai Chi		12:30 - 3:30 Mah Jong		10:30 - 11:30 Yoga		10:00 - 3:45 Hand & Foot			
12:00 - 3:00 Line Dancing		1:00 - 3:00 Camera Club		12:30 - 3:30 500 Cards		11:00 - 12:00 Soft Shoe Tap Dancing			
12:30 - 3:30 500 Cards (Gazebo)				12:30 - 4:00 Sixty & Better Social Dance Group		12:30 - 3:30 Guitar Group			
1:00 - 3:00 Texas Hold'em Poker				12:30 - Doors Open		1:00 - 3:30 Art Classes - Suspended			
				1:00 to 4:00 - Dancing					
27 MONDAY		28 TUESDAY		29 WEDNESDAY		30 THURSDAY		31 FRIDAY	
7:30 - 8:20 Exercise for Seniors - Chairs		9:00 - 11:00 Weight Management		7:30 - 8:20 Exercise for Seniors - Circuit		8:00 - 12:00 Audio & Visual Group		9:00 - 10:00 Exercise for Seniors - Core	
8:20 - 9:10 Exercise for Seniors - Chairs		Support & Friendship Group		8:20 - 9:10 Exercise for Seniors - Circuit		9:00 - 10:00 Chair Pilates		9:00 - 12:00 Mah Jong	
9:10 - 10:00 Exercise for Seniors - Chairs		9:00 - 11:30 Indoor Bowls		9:10 - 10:00 Exercise for Seniors - Circuit		9:00 - 11:30 Patchwork / Quilting		10:00 - 11:00 Bands & Movement	
9:00 - 12:00 Craft		9:00 - 12:00 Scrabble		10:30 - 11:30 Meditation & Relaxation		10:00 - 10:45 Cumbia			
10:10 - 11:30 Tai Chi		9:30 - 12:15 Reiki		10:30 - 11:30 Yoga		10:00 - 3:45 Hand & Foot			
12:00 - 3:00 Line Dancing		11:30 - 2:30 Line Dancing		12:30 - 3:30 500 Cards		11:00 - 12:00 Soft Shoe Tap Dancing			
12:30 - 3:30 500 Cards		12:30 - 3:30 Guitar Group		12:30 - 4:00 Sixty & Better Social Dance Group		12:30 - 3:30 Guitar Group			
1:00 - 3:00 Texas Hold'em Poker		12:30 - 3:30 Mah Jong		12:30 - Doors Open		1:00 - 3:30 Art Classes - Suspended			
				1:00 to 4:00 - Dancing					