

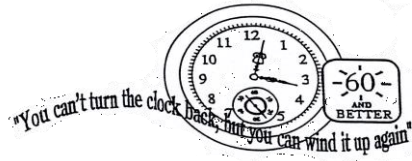
# HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM INC

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Supported by



## JANUARY 2018

| 1                                      | MONDAY                                       | 2   | TUESDAY                                      | 3   | WEDNESDAY   | 4  | THURSDAY                               | 5   | FRIDAY                            |
|--|--|---|--|---|---|--|--|---|-----------------------------------|
|  |  | 9:00 - 12:00<br>Scrabble  | 8:00 - 9:00<br>Exercises for Seniors         | 8:00 - 12:00<br>Audio & Visual Group  | 9:00 - 10:00<br>Exercises for Seniors<br>( Core Exercises )                                       |  |  | 9:00 - 10:00<br>Exercises for Seniors<br>( Core Exercises ) |                                   |
|  |  | 12:30 - 3:30<br>Hand & Foot - Beginners   | 9:00 - 10:00<br>Exercises for Seniors        | 9:30 - 12:15<br>Reiki   |   |  |  | 9:00 - 12:00<br>Mah Jong                                    |                                   |
|  |  | 12:30 - 3:30<br>Mah Jong  | 10:30 - 11:30<br>Yoga                        | 10:00 - 3:45<br>Hand & Foot   |   |  |  | 10:00 - 11:00<br>Bands & Movement                           |                                   |
|  |  |   | 12:30 - 3:30<br>500 Cards                    |   |   |  |  |   |                                   |
| 8                                      | MONDAY                                       | 9   | TUESDAY                                      | 10  | WEDNESDAY   | 11   | THURSDAY                               | 12  | FRIDAY                            |
| 8:00 - 9:00<br>Exercises for Seniors   | 9:00 - 11:30<br>Indoor Bowls                 | 8:00 - 9:00<br>Exercises for Seniors  | 8:00 - 12:00<br>Audio & Visual Group         | 8:00 - 11:30<br>Guitar Lessons  | 9:00 - 10:00<br>Exercises for Seniors<br>( Core Exercises )                                       | 9:00 - 10:00<br>Paint Shop Pro Editing   | 9:30 - 12:15<br>Reiki                  | 9:00 - 10:00<br>Exercises for Seniors<br>( Core Exercises ) | 9:00 - 12:00<br>Mah Jong          |
| 9:00 - 10:00<br>Exercises for Seniors  | 9:00 - 12:00<br>Scrabble                     | 9:00 - 10:00<br>Exercises for Seniors   | 10:00 - 11:30<br>Coffee, Chat & Social Group | 10:30 - 11:30<br>Yoga   | 10:00 - 3:45<br>Hand & Foot   | 9:00 - 12:00<br>Craft  | 10:00 - 3:45<br>Hand & Foot            | 9:00 - 12:00<br>Mah Jong                                    | 10:00 - 11:00<br>Bands & Movement |
| 9:00 - 11:00<br>Paint Shop Pro Editing | 10:00 - 11:00<br>Coffee, Chat & Social Group | 10:30 - 11:30<br>Yoga   | 12:30 - 3:30<br>Mah Jong                     | 12:30 - 3:30<br>500 Cards   | 11:00 - 12:00<br>Soft Shoe Tap Dancing  | 12:00 - 3:00<br>Line Dancing   | 11:00 - 12:00<br>Soft Shoe Tap Dancing |   |                                   |
| 9:00 - 12:00<br>Craft                  | 12:30 - 3:30<br>Mah Jong                     | 12:30 - 3:30<br>500 Cards   | 12:30 - 3:30<br>Hand & Foot - Beginners      |   |   | 12:30 - 3:30<br>500 Cards  |  |   |                                   |
| 12:00 - 3:00<br>Line Dancing           | 12:30 - 3:30<br>Hand & Foot - Beginners      |   |  |   |   | 1:00 - 3:00<br>Texas Hold'em Poker   |  |   |                                   |
| 12:30 - 3:30<br>500 Cards              |  |   |  |   |   | 3:15 - 4:00<br>Cumbia  |  |   |                                   |
| 1:00 - 3:00<br>Texas Hold'em Poker     |  |   |  |   |   |  |  |   |                                   |
| 15                                     | MONDAY                                       | 16  | TUESDAY                                      | 17  | WEDNESDAY   | 18   | THURSDAY                               | 19  | FRIDAY                            |
| 8:00 - 9:00<br>Exercises for Seniors   | 9:00 - 11:30<br>Indoor Bowls                 | 8:00 - 9:00<br>Exercises for Seniors  | 8:00 - 12:00<br>Audio & Visual Group         | 8:00 - 11:30<br>Guitar Lessons  | 9:00 - 10:00<br>Exercises for Seniors<br>( Core Exercises )                                       | 9:00 - 10:00<br>Exercises for Seniors  | 9:00 - 10:00<br>Chair Pilates          | 9:00 - 10:00<br>Exercises for Seniors<br>( Core Exercises ) | 9:00 - 12:00<br>Mah Jong          |
| 9:00 - 10:00<br>Exercises for Seniors  | 9:00 - 12:00<br>Scrabble                     | 9:00 - 10:00<br>Exercises for Seniors   | 9:30 - 12:15<br>Reiki                        | 9:00 - 10:00<br>Exercises for Seniors<br>( Core Exercises )                                       | 9:00 - 12:00<br>Craft   | 9:00 - 11:00<br>Paint Shop Pro Editing   | 9:30 - 12:15<br>Reiki                  | 9:00 - 12:00<br>Mah Jong                                    | 10:00 - 11:00<br>Bands & Movement |
| 9:00 - 11:00<br>Paint Shop Pro Editing | 10:00 - 11:00<br>Coffee, Chat & Social Group | 10:30 - 11:30<br>Meditation & Relaxation  | 10:00 - 10:45<br>Cumbia                      | 10:30 - 11:30<br>Yoga   | 12:00 - 3:00<br>Line Dancing  | 9:00 - 12:00<br>Craft  | 10:00 - 10:45<br>Cumbia                | 9:00 - 12:00<br>Mah Jong                                    |                                   |
| 9:00 - 12:00<br>Craft                  | 12:30 - 3:30<br>Mah Jong                     | 10:30 - 11:30<br>Yoga   | 10:00 - 3:45<br>Hand & Foot                  | 10:30 - 11:30<br>Yoga   | 12:30 - 3:00<br>Line Dancing  | 12:00 - 3:00<br>Line Dancing   | 10:00 - 3:45<br>Hand & Foot            | 10:00 - 11:00<br>Bands & Movement                           |                                   |
| 12:00 - 3:00<br>Line Dancing           | 12:30 - 3:30<br>Hand & Foot - Beginners      | 12:30 - 3:30<br>500 Cards   | 11:00 - 12:15<br>Soft Shoe Tap Dancing       | 12:30 - 3:30<br>500 Cards   | 1:00 - 3:00<br>Texas Hold'em Poker  | 12:30 - 3:00<br>Line Dancing   | 11:00 - 12:15<br>Soft Shoe Tap Dancing |   |                                   |
| 1:00 - 3:00<br>Texas Hold'em Poker     |  | 12:30 - 4:00<br>Sixty & Better Social Dance Group<br>12:30 - Doors Open<br>1:00 to 4:00 - Dancing | 1:00 - 2:00<br>BrainAsize                    | 12:30 - 4:00<br>Sixty & Better Social Dance Group<br>12:30 - Doors Open<br>1:00 to 4:00 - Dancing | 3:15 - 4:00<br>Cumbia   | 12:30 - 3:30<br>500 Cards  | 1:00 - 2:00<br>BrainAsize              |   |                                   |
| 3:15 - 4:00<br>Cumbia                  |  | 12:45 - 2:45<br>Reiki   |  | 12:45 - 2:45<br>Reiki   |   | 12:30 - 3:30<br>500 Cards  |  |   |                                   |
| 22                                     | MONDAY                                       | 23  | TUESDAY                                      | 24  | WEDNESDAY   | 25   | THURSDAY                               | 26  | FRIDAY                            |
| 8:00 - 9:00<br>Exercises for Seniors   | 9:00 - 11:30<br>Indoor Bowls                 | 8:00 - 9:00<br>Exercises for Seniors  | 8:00 - 12:00<br>Audio & Visual Group         | 8:00 - 9:00<br>Exercises for Seniors  | 8:00 - 12:00<br>Audio & Visual Group  | 9:00 - 10:00<br>Exercises for Seniors  | 9:00 - 10:00<br>Chair Pilates          |   |                                   |
| 9:00 - 10:00<br>Exercises for Seniors  | 9:00 - 12:00<br>Scrabble                     | 9:00 - 10:00<br>Exercises for Seniors   | 9:30 - 12:15<br>Reiki                        | 9:00 - 10:00<br>Exercises for Seniors   | 9:00 - 10:00<br>Chair Pilates   | 9:00 - 10:00<br>Exercises for Seniors  | 9:30 - 12:15<br>Reiki                  |   |                                   |
| 9:00 - 11:00<br>Paint Shop Pro Editing | 10:00 - 11:00<br>Coffee, Chat & Social Group | 10:30 - 11:30<br>Meditation & Relaxation  | 10:00 - 10:45<br>Cumbia                      | 10:30 - 11:30<br>Yoga   | 10:30 - 11:30<br>Meditation & Relaxation  | 9:00 - 11:00<br>Paint Shop Pro Editing   | 10:00 - 10:45<br>Cumbia                |   |                                   |
| 9:00 - 12:00<br>Craft                  | 12:30 - 3:30<br>Mah Jong                     | 10:30 - 11:30<br>Yoga   | 10:00 - 3:45<br>Hand & Foot                  | 10:30 - 11:30<br>Yoga   | 10:30 - 11:30<br>Meditation & Relaxation  | 9:00 - 12:00<br>Craft  | 10:00 - 10:45<br>Cumbia                |   |                                   |
| 12:00 - 3:00<br>Line Dancing           | 12:30 - 3:30<br>Hand & Foot - Beginners      | 12:30 - 3:30<br>500 Cards   | 11:00 - 12:15<br>Soft Shoe Tap Dancing       | 12:30 - 3:30<br>500 Cards   | 12:30 - 3:30<br>500 Cards   | 12:00 - 3:00<br>Line Dancing   | 10:00 - 3:45<br>Hand & Foot            |   |                                   |
| 12:30 - 3:30<br>500 Cards              |  | 12:30 - 4:00<br>Sixty & Better Social Dance Group<br>12:30 - Doors Open<br>1:00 to 4:00 - Dancing | 1:00 - 2:00<br>BrainAsize                    | 12:30 - 4:00<br>Sixty & Better Social Dance Group<br>12:30 - Doors Open<br>1:00 to 4:00 - Dancing | 12:30 - 4:00<br>Sixty & Better Social Dance Group<br>12:30 - Doors Open<br>1:00 to 4:00 - Dancing | 1:00 - 3:00<br>Texas Hold'em Poker   | 11:00 - 12:15<br>Soft Shoe Tap Dancing |   |                                   |
| 1:00 - 3:00<br>Texas Hold'em Poker     |  | 12:45 - 2:45<br>Reiki   |  | 12:45 - 2:45<br>Reiki   |   | 3:15 - 4:00<br>Cumbia  | 1:00 - 2:00<br>BrainAsize              |   |                                   |
| 3:15 - 4:00<br>Cumbia                  |  |   |  |   |   |  |  |   |                                   |
| 29                                     | MONDAY                                       | 30  | TUESDAY                                      | 31  | WEDNESDAY   | <p><b>RECEPTION HOURS</b><br/>Monday to Thursday 8 am - 4 pm<br/>Friday 8 am - 12 noon</p> |  |   |                                   |
| 8:00 - 9:00<br>Exercises for Seniors   | 9:00 - 11:30<br>Indoor Bowls                 | 8:00 - 9:00<br>Exercises for Seniors  | 8:00 - 12:00<br>Audio & Visual Group         | 8:00 - 9:00<br>Exercises for Seniors  | 8:00 - 9:00<br>Exercises for Seniors  |  |  |   |                                   |
| 9:00 - 10:00<br>Exercises for Seniors  | 9:00 - 12:00<br>Scrabble                     | 9:00 - 10:00<br>Exercises for Seniors   | 9:30 - 12:15<br>Reiki                        | 9:00 - 10:00<br>Exercises for Seniors   | 9:00 - 10:00<br>Exercises for Seniors   |  |  |   |                                   |
| 9:00 - 11:00<br>Paint Shop Pro Editing | 10:00 - 11:00<br>Coffee, Chat & Social Group | 10:30 - 11:30<br>Meditation & Relaxation  | 10:00 - 10:45<br>Cumbia                      | 10:30 - 11:30<br>Yoga   | 10:30 - 11:30<br>Meditation & Relaxation  |  |  |   |                                   |
| 9:00 - 12:00<br>Craft                  | 12:30 - 3:30<br>Mah Jong                     | 10:30 - 11:30<br>Yoga   | 10:00 - 3:45<br>Hand & Foot                  | 10:30 - 11:30<br>Yoga   | 10:30 - 11:30<br>Meditation & Relaxation  |  |  |   |                                   |
| 10:10 - 11:30<br>Tai Chi               | 12:30 - 3:30<br>Hand & Foot - Beginners      | 12:30 - 3:30<br>500 Cards   | 11:00 - 12:15<br>Soft Shoe Tap Dancing       | 12:30 - 3:30<br>500 Cards   | 12:30 - 11:30<br>Yoga   |  |  |   |                                   |
| 12:00 - 3:00<br>Line Dancing           |  | 12:30 - 4:00<br>Sixty & Better Social Dance Group<br>12:30 - Doors Open<br>1:00 to 4:00 - Dancing |  | 12:30 - 4:00<br>Sixty & Better Social Dance Group<br>12:30 - Doors Open<br>1:00 to 4:00 - Dancing | 12:30 - 4:00<br>Sixty & Better Social Dance Group<br>12:30 - Doors Open<br>1:00 to 4:00 - Dancing |  |  |   |                                   |
| 12:30 - 3:30<br>500 Cards              |  | 12:45 - 2:45<br>Reiki   |  | 12:45 - 2:45<br>Reiki   | 12:45 - 2:45<br>Reiki   |  |  |   |                                   |
| 1:00 - 3:00<br>Texas Hold'em Poker     |  |   |  |   |   |  |  |   |                                   |
| 3:15 - 4:00<br>Cumbia                  |  |   |  |   |   |  |  |   |                                   |