

HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM INC

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

Phone: 4194 6781 or 4194 6782

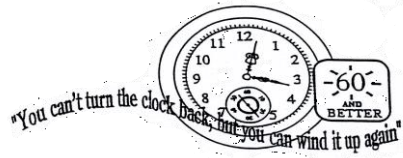
Email: hervybay60@bigpond.com

Website: www.60andbetterhervybay.com.au

Supported by



Queensland Government



AUGUST 2017

RECEPTION HOURS Monday to Thursday 8 am - 4 pm Friday 8 am - 12 noon	1	2	3	4
	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 - 11:30 Indoor Bowls 9:00 - 12:00 Scrabble 10:00 - 11:00 Coffee, Chat & Social Group 12:30 - 3:30 Mah Jong 12:30 - 3:30 Hand & Foot - Beginners 1:00 - 3:00 H/Bay Macintosh Users Group Field Trip Camera Club	9:00 - 10:00 Exercises for Seniors 9:00 - 11:00 Backgammon 10:30 - 11:30 Meditation & Relaxation 10:30 - 11:30 Yoga 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 12:45 - 2:45 Reiki	8:00 - 12:00 Audio & Visual Group 9:00 - 10:00 Retro Aerobics 9:00 - 11:30 Patchwork / Quilting 9:30 - 12:15 Reiki 10:00 - 10:45 Cumbia 10:00 - 3:45 Hand & Foot 11:00 - 12:15 Soft Shoe Tap Dancing 11:00 - 11:45 - Advance Class 11:45 - 12:15 - Beginner Class 1:00 - 2:00 BrainAsize 1:00 - 3:30 Art Classes	8:00 - 12:00 Guitar Lessons 8:00 - 10:00 - Beginners 10:00 - 12:00 - Intermediate 9:00 - 10:00 Exercises for Seniors (Core Exercises) Mah Jong 10:00 - 11:00 Bands & Movement 11:00 - 11:45 Cumbia - DVD
				Over 50's Lifestyle Expo 9:00 am - 2:00 pm See Notices
	7	8	9	10
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	9:00 - 10:00 Exercises for Seniors 9:00 - 11:00 Paint Shop Pro Editing 9:00 - 12:00 Craft 10:10 - 11:30 Tai Chi 12:00 - 3:00 Line Dancing 12:30 - 3:30 500 Cards 1:00 - 3:00 Texas Hold'em Poker 3:15 - 4:00 Cumbia	9:00 - 11:00 Weight Management Support & Friendship Group 9:00 - 11:30 Indoor Bowls 9:00 - 12:00 Scrabble 10:00 - 11:00 Coffee, Chat & Social Group 12:30 - 3:30 Mah Jong 12:30 - 3:30 Hand & Foot - Beginners	9:00 - 10:00 Exercises for Seniors 10:30 - 11:30 Meditation & Relaxation 10:30 - 11:30 Yoga 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 12:45 - 2:45 Reiki	8:00 - 12:00 Audio & Visual Group 9:00 - 10:00 Retro Aerobics 9:00 - 11:30 Patchwork / Quilting 9:30 - 12:15 Reiki 10:00 - 10:45 Cumbia 10:00 - 3:45 Hand & Foot 11:00 - 12:15 Soft Shoe Tap Dancing 11:00 - 11:45 - Advance Class 11:45 - 12:15 - Beginner Class 1:00 - 3:30 Art Classes
	14	15	16	17
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	9:00 - 10:00 Exercises for Seniors 9:00 - 11:00 Paint Shop Pro Editing 9:00 - 12:00 Craft 10:10 - 11:30 Tai-Chi Seminar 12:00 - 3:00 Line Dancing 12:30 - 3:30 500 Cards 1:00 - 3:00 Texas Hold'em Poker 3:15 - 4:00 Cumbia Seminar - Disaster "Are You Prepared" 10:30 am - 12:00 noon See Notices	9:00 - 11:00 Weight Management Support & Friendship Group 9:00 - 11:30 Indoor Bowls 9:00 - 12:00 Scrabble 10:00 - 11:00 Coffee, Chat & Social Group 12:30 - 3:30 Mah Jong 12:30 - 3:30 Hand & Foot - Beginners	9:00 - 10:00 Exercises for Seniors 10:30 - 11:30 Meditation & Relaxation 10:30 - 11:30 Yoga 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 12:45 - 2:45 Reiki	8:00 - 12:00 Audio & Visual Group 9:00 - 10:00 Retro Aerobics 9:00 - 11:30 Patchwork / Quilting 9:30 - 12:15 Reiki 10:00 - 10:45 Cumbia 10:00 - 3:45 Hand & Foot 11:00 - 12:15 Soft Shoe Tap Dancing 11:00 - 11:45 - Advance Class 11:45 - 12:15 - Beginner Class 1:00 - 2:00 BrainAsize 1:00 - 3:30 Art Classes
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				BOOKINGS ESSENTIAL REIKI COMPUTER COURSES