

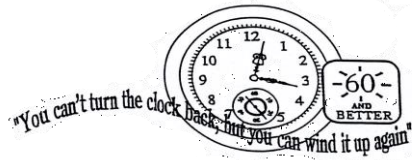
# HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM INC

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Supported by



## DECEMBER 2017

<p><b>RECEPTION HOURS</b> Monday to Thursday 8 am - 4 pm Friday 8 am - 12 noon</p>	<p><b>CLOSE</b> <b>FRIDAY 15TH</b> <b>DECEMBER</b></p>	<p><b>RETURN</b> <b>TUESDAY 2nd</b> <b>JANUARY</b></p>		<p>1 <b>FRIDAY</b> <b>CHRISTMAS</b> <b>PARTY</b> 11:00 am - 2:30 pm</p>
<p>4 <b>MONDAY</b> 8:00 - 9:00 Exercises for Seniors 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</p>	<p>5 <b>TUESDAY</b> 9:00 - 11:30 Indoor Bowls 9:00 - 12:00 Scrabble 10:00 - 11:00 Coffee, Chat &amp; Social Group 12:30 - 3:30 Mah Jong 12:30 - 3:30 Hand &amp; Foot - Beginners Field Trip Camera Club 1:00 - 3:00 H/Bay Macintosh Users Group</p>	<p>6 <b>WEDNESDAY</b> 8:00 - 9:00 Exercises for Seniors 9:00 - 10:00 Exercises for Seniors 9:00 - 11:00 Backgammon 10:30 - 11:30 Meditation &amp; Relaxation 10:30 - 11:30 Yoga 12:30 - 3:30 500 Cards 12:30 - 4:00 Sixty &amp; Better Social Dance Group <b>12:30 - Doors Open</b> 1:00 to 4:00 - Dancing 12:45 - 2:45 Reiki</p>	<p>7 <b>THURSDAY</b> 8:00 - 12:00 Audio &amp; Visual Group 9:00 - 10:00 Chair Pilates 9:00 - 11:30 Patchwork / Quilting 9:30 - 12:15 Reiki 10:00 - 10:45 Cumbia 10:00 - 3:45 Hand &amp; Foot 11:00 - 12:00 Soft Shoe Tap Dancing 1:00 - 2:00 BrainAsize 1:00 - 3:30 Art Classes</p>	<p>8 <b>FRIDAY</b> 8:00 - 11:30 Guitar Lessons 9:00 - 10:00 Exercises for Seniors ( Core Exercises ) 9:00 - 12:00 Mah Jong 10:00 - 11:00 Bands &amp; Movement</p>
<p>11 <b>MONDAY</b> 8:00 - 9:00 Exercises for Seniors 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</p>	<p>12 <b>TUESDAY</b> 9:00 - 11:30 Indoor Bowls 9:00 - 12:00 Scrabble 10:00 - 11:00 Coffee, Chat &amp; Social Group 12:30 - 3:30 Mah Jong 12:30 - 3:30 Hand &amp; Foot - Beginners</p>	<p>13 <b>WEDNESDAY</b> 8:00 - 9:00 Exercises for Seniors 9:00 - 10:00 Exercises for Seniors 10:30 - 11:30 Meditation &amp; Relaxation 10:30 - 11:30 Yoga 12:30 - 3:30 500 Cards 12:30 - 4:00 Sixty &amp; Better Social Dance Group <b>12:30 - Doors Open</b> 1:00 to 4:00 - Dancing</p>	<p>14 <b>THURSDAY</b> 8:00 - 12:00 Audio &amp; Visual Group 9:00 - 10:00 Chair Pilates 9:00 - 11:30 Patchwork / Quilting 9:30 - 12:15 Reiki 10:00 - 10:45 Cumbia 10:00 - 3:45 Hand &amp; Foot 11:00 - 12:00 Soft Shoe Tap Dancing 1:00 - 2:00 BrainAsize 1:00 - 3:30 Art Classes</p>	<p>15 <b>FRIDAY</b> 9:00 - 10:00 Exercises for Seniors ( Core Exercises ) 9:00 - 12:00 Mah Jong 10:00 - 11:00 Bands &amp; Movement</p>
<p>18 <b>MONDAY</b> </p>	<p>19 <b>TUESDAY</b> </p>	<p>20 <b>WEDNESDAY</b> </p>	<p>21 <b>THURSDAY</b> </p>	<p>22 <b>FRIDAY</b> </p>
<p>25 <b>MONDAY</b> </p>	<p>26 <b>TUESDAY</b>  <i>Boxing Day</i></p>	<p>27 <b>WEDNESDAY</b> </p>	<p>28 <b>THURSDAY</b> </p>	<p>29 <b>FRIDAY</b> </p>