

HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM INC

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

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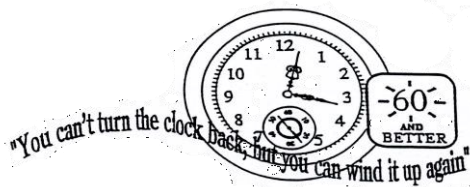
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Supported by



Queensland Government



JULY 2018

2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY
8:00 - 9:00	Exercise for Seniors	9:00 - 11:30	Indoor Bowls	8:00 - 9:00	Exercise for Seniors	8:00 - 12:00	Audio & Visual Group	9:00 - 10:00	Exercise for Seniors (Core Exercise)
9:00 - 10:00	Exercise for Seniors	9:00 - 12:00	Scrabble	9:00 - 10:00	Exercise for Seniors	9:00 - 10:00	Chair Pilates		
9:00 - 11:00	Paint Shop Pro Editing	11:30 - 2:30	Line Dancing	9:00 - 11:00	Backgammon	9:00 - 11:30	Patchwork / Quilting	9:00 - 12:00	Mah Jong
9:00 - 12:00	Craft	12:30 - 3:30	Guitar Lessons	10:30 - 11:30	Meditation & Relaxation	9:30 - 12:15	Reiki	10:00 - 11:00	Bands & Movement
10:10 - 11:30	Tai Chi	12:30 - 3:30	Hand & Foot - Beginners	10:30 - 11:30	Yoga	10:00 - 10:45	Cumbia	11:10 - 12:00	Tai Chi - Beginner
12:00 - 3:00	Line Dancing	Field Trip	Camera Club	12:30 - 3:30	500 Cards	10:00 - 3:45	Hand & Foot		
12:30 - 3:30	500 Cards			12:30 - 4:00	Sixty & Better Social Dance Group	11:00 - 12:00	Soft Shoe Tap Dancing		
1:00 - 3:00	Texas Hold'em Poker				12:30 - Doors Open	1:00 - 2:00	BrainAsize - Suspended		
3:15 - 4:00	Cumbia				1:00 to 4:00 - Dancing	1:00 - 3:30	Art Classes		
				12:45 - 2:45	Reiki				
9	MONDAY	10	TUESDAY	11	WEDNESDAY	12	THURSDAY	13	FRIDAY
8:00 - 9:00	Exercise for Seniors	9:00 - 11:00	Weight Management	8:00 - 9:00	Exercise for Seniors	8:00 - 12:00	Audio & Visual Group	9:00 - 10:00	Exercise for Seniors (Core Exercise)
9:00 - 10:00	Exercise for Seniors		Support & Friendship Group	9:00 - 10:00	Exercise for Seniors	9:00 - 10:00	Chair Pilates		
9:00 - 11:00	Paint Shop Pro Editing	9:00 - 11:30	Indoor Bowls	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting	9:00 - 12:00	Mah Jong
9:00 - 12:00	Craft	9:00 - 12:00	Scrabble	10:30 - 11:30	Yoga	9:30 - 12:15	Reiki	10:00 - 11:00	Bands & Movement
10:10 - 11:30	Tai Chi	11:30 - 2:30	Line Dancing	12:30 - 3:30	500 Cards	10:00 - 10:45	Cumbia	11:10 - 12:00	Tai Chi - Beginner
12:00 - 3:00	Line Dancing	12:30 - 3:30	Guitar Lessons	12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 3:45	Hand & Foot		
12:30 - 3:30	500 Cards	12:30 - 3:30	Hand & Foot - Beginners		12:30 - Doors Open	11:00 - 12:00	Soft Shoe Tap Dancing		
1:00 - 3:00	Texas Hold'em Poker				1:00 to 4:00 - Dancing	1:00 - 3:30	Art Classes		
3:15 - 4:00	Cumbia			12:45 - 2:45	Reiki				
16	MONDAY	17	TUESDAY	18	WEDNESDAY	19	THURSDAY	20	FRIDAY
8:00 - 9:00	Exercise for Seniors	9:00 - 11:30	Indoor Bowls	8:00 - 9:00	Exercise for Seniors	8:00 - 12:00	Audio & Visual Group	9:00 - 10:00	Exercise for Seniors (Core Exercise)
9:00 - 10:00	Exercise for Seniors	9:00 - 12:00	Scrabble	9:00 - 10:00	Exercise for Seniors	9:00 - 10:00	Chair Pilates		
9:00 - 11:00	Paint Shop Pro Editing	12:30 - 3:30	Guitar Lessons	9:00 - 11:00	Backgammon - Cancelled	9:00 - 11:30	Patchwork / Quilting	9:00 - 12:00	Mah Jong
9:00 - 12:00	Craft	12:30 - 3:30	Hand & Foot - Beginners	10:30 - 11:30	Meditation & Relaxation	9:30 - 12:15	Reiki	10:00 - 11:00	Bands & Movement
10:10 - 11:30	Tai Chi	1:00 - 3:00	Camera Club	10:30 - 11:30	Yoga	10:00 - 10:45	Cumbia	11:10 - 12:00	Tai Chi - Beginner
12:00 - 3:00	Line Dancing			12:30 - 3:30	500 Cards	10:00 - 3:45	Hand & Foot		
12:30 - 3:30	500 Cards (gazebo)			12:30 - 4:00	Sixty & Better Social Dance Group	11:00 - 12:00	Soft Shoe Tap Dancing		
1:00 - 3:00	Texas Hold'em Poker				12:30 - Doors Open	1:00 - 2:00	BrainAsize - Suspended		
3:15 - 4:00	Cumbia				1:00 to 4:00 - Dancing	1:00 - 3:30	Art Classes		
				12:45 - 2:45	Reiki				
23	MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY
8:00 - 9:00	Exercise for Seniors	9:00 - 11:00	Weight Management	8:00 - 9:00	Exercise for Seniors	8:00 - 12:00	Audio & Visual Group	9:00 - 10:00	Exercise for Seniors (Core Exercise)
9:00 - 10:00	Exercise for Seniors		Support & Friendship Group	9:00 - 10:00	Exercise for Seniors	9:00 - 10:00	Chair Pilates		
9:00 - 11:00	Paint Shop Pro Editing	9:00 - 11:30	Indoor Bowls	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting	9:00 - 12:00	Mah Jong
9:00 - 12:00	Craft	9:00 - 12:00	Scrabble	10:30 - 11:30	Yoga	9:30 - 12:15	Reiki	10:00 - 11:00	Bands & Movement
10:10 - 11:30	Tai Chi	11:30 - 2:30	Line Dancing	12:30 - 3:30	500 Cards	10:00 - 10:45	Cumbia	11:10 - 12:00	Tai Chi - Beginner
12:00 - 3:00	Line Dancing	12:30 - 3:30	Guitar Lessons	12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 3:45	Hand & Foot		
12:30 - 3:30	500 Cards	12:30 - 3:30	Hand & Foot - Beginners		12:30 - Doors Open	11:00 - 12:00	Soft Shoe Tap Dancing		
1:00 - 3:00	Texas Hold'em Poker	3:00	Bus Trip		1:00 to 4:00 - Dancing	1:00 - 2:00	BrainAsize - Suspended		
3:15 - 4:00	Cumbia		Information Session	12:45 - 2:45	Reiki	1:00 - 3:30	Art Classes		
30	MONDAY	31	TUESDAY	RECEPTION HOURS Monday 8:00 am - Thursday 4:00 pm Friday 8:00 am - 12:30 pm		DID YOU KNOW THAT THE LIBRARY HAS BOOKS, CD'S, DVD'S & JIGSAW PUZZLES		BOOKINGS ESSENTIAL REIKI	
8:00 - 9:00	Exercise for Seniors	9:00 - 11:30	Indoor Bowls						
9:00 - 10:00	Exercise for Seniors	9:00 - 12:00	Scrabble						
9:00 - 11:00	Paint Shop Pro Editing	11:30 - 2:30	Line Dancing						
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