

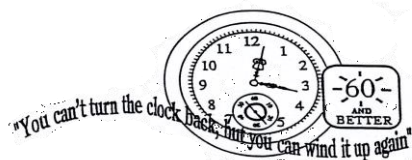
HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM INC

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Queensland Government

FEBRUARY 2018

RECEPTION HOURS Monday to Thursday 8 am - 4 pm Friday 8 am - 12 noon		DID YOU KNOW THE LIBRARY HAS BOOKS, CD'S, DVD'S & JIGSAW PUZZLES		BOOKINGS ESSENTIAL REIKI		1 THURSDAY		2 FRIDAY	
						8:00 - 12:00 Audio & Visual Group 9:00 - 10:00 Chair Pilates 9:00 - 11:30 Patchwork / Quilting 9:30 - 12:15 Reiki 10:00 - 10:45 Cumbia 11:00 - 12:00 Soft Shoe Tap Dancing 10:00 - 3:45 Hand & Foot 1:00 - 2:00 BrainAsize		9:00 - 10:00 Exercises for Seniors (Core Exercises) Mah Jong 10:00 - 11:00 Bands & Movement 11:10 - 12:00 Tai Chi	
5 MONDAY	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	6 TUESDAY	9:00 - 11:30 Indoor Bowls 9:00 - 12:00 Scrabble 10:00 - 11:00 Coffee, Chat & Social Group 11:30 - 12:30 Line Dancing - New Beginners 12:30 - 3:30 Guitar Lessons 12:30 - 3:30 Hand & Foot - Beginners	7 WEDNESDAY	8:00 - 9:00 Exercises for Seniors 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 THURSDAY	8:00 - 12:00 Audio & Visual Group 9:00 - 10:00 Chair Pilates 9:00 - 11:30 Patchwork / Quilting 9:30 - 12:15 Reiki 10:00 - 10:45 Cumbia 11:00 - 12:00 Soft Shoe Tap Dancing 10:00 - 3:45 Hand & Foot	9 FRIDAY	9:00 - 10:00 Exercises for Seniors (Core Exercises) Mah Jong 10:00 - 11:00 Bands & Movement 11:10 - 12:00 Tai Chi
12 MONDAY	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	13 TUESDAY	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 11:30 - 12:30 Line Dancing - New Beginners 12:30 - 3:30 Guitar Lessons 12:30 - 3:30 Hand & Foot - Beginners	14 WEDNESDAY	8:00 - 9:00 Exercises for Seniors 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	15 THURSDAY	8:00 - 12:00 Audio & Visual Group 9:00 - 10:00 Chair Pilates 9:00 - 11:30 Patchwork / Quilting 9:30 - 12:15 Reiki 10:00 - 10:45 Cumbia 11:00 - 12:00 Soft Shoe Tap Dancing 10:00 - 3:45 Hand & Foot 1:00 - 2:00 BrainAsize 1:00 - 3:30 Art Classes	16 FRIDAY	9:00 - 10:00 Exercises for Seniors (Core Exercises) Mah Jong 10:00 - 11:00 Bands & Movement 11:10 - 12:00 Tai Chi
19 MONDAY	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 1:00 - 3:00 Texas Hold'em Poker 3:15 - 4:00 Cumbia	20 TUESDAY	9:00 - 11:30 Indoor Bowls 9:00 - 12:00 Scrabble 10:00 - 11:00 Coffee, Chat & Social Group 11:30 - 12:30 Line Dancing - New Beginners 12:30 - 3:30 Guitar Lessons 12:30 - 3:30 Hand & Foot - Beginners 1:00 - 3:00 Camera Club	21 WEDNESDAY	8:00 - 9:00 Exercises for Seniors 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	22 THURSDAY	8:00 - 12:00 Audio & Visual Group 9:00 - 10:00 Chair Pilates 9:00 - 11:30 Patchwork / Quilting 9:30 - 12:15 Reiki 10:00 - 10:45 Cumbia 11:00 - 12:00 Soft Shoe Tap Dancing 10:00 - 3:45 Hand & Foot 1:00 - 2:00 BrainAsize 1:00 - 3:30 Art Classes	23 FRIDAY	9:00 - 10:00 Exercises for Seniors (Core Exercises) Mah Jong 10:00 - 11:00 Bands & Movement 11:10 - 12:00 Tai Chi
26 MONDAY	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	27 TUESDAY	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 11:30 - 2:30 Line Dancing - New Beginners 12:30 - 3:30 Guitar Lessons 12:30 - 3:30 Hand & Foot - Beginners	28 WEDNESDAY	8:00 - 9:00 Exercises for Seniors 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				