

# HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM INC

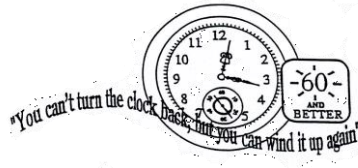
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Supported by



## JUNE 2017

<b>RECEPTION HOURS</b> Monday to Thursday 8 am - 4 pm Friday 8 am - 12 noon		<b>BOOKINGS ESSENTIAL</b>  <b>REIKI</b>  <b>COMPUTER COURSES</b>		<b>BUS TRIP</b>  <b>1ST JUNE</b>  <b>DEPARTS 7:30 AM SHARP</b>		<b>1 THURSDAY</b>		<b>2 FRIDAY</b>	
						8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons
						9:00 - 10:00	Retro Aerobics		8:00 - 10:00 - Beginners
						9:00 - 11:30	Patchwork / Quilting		10:00 - 12:00 - Intermediate
						9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors
						10:00 - 10:45	Cumbia		( Core Exercises )
						10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
						11:00 - 12:00	Soft Shoe Tap Dancing	10:00 - 11:00	Bands & Movement
						11:45 - 12:45	Community Services Newsletter Group	11:00 - 11:45	Cumbia - DVD
						1:00 - 2:00	BrainAsize		
						1:00 - 3:30	Art Classes - Cancelled		
<b>5 MONDAY</b>		<b>6 TUESDAY</b>		<b>7 WEDNESDAY</b>		<b>8 THURSDAY</b>		<b>9 FRIDAY</b>	
9:00 - 10:00	Exercises for Seniors	9:00 - 11:30	Indoor Bowls	9:00 - 10:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons
9:00 - 11:00	Paint Shop Pro Editing	9:00 - 12:00	Scrabble	9:00 - 11:00	Backgammon	9:00 - 10:00	Retro Aerobics		8:00 - 10:00 - Beginners
9:00 - 12:00	Craft	12:30 - 3:30	Mah Jong	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting		10:00 - 12:00 - Intermediate
10:10 - 11:30	Tai Chi	12:30 - 3:30	Hand & Foot - Beginners	10:30 - 11:30	Yoga	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors
12:00 - 3:00	Line Dancing	1:00 - 3:00	H/Bay Macintosh Users Group	12:30 - 3:30	500 Cards	10:00 - 10:45	Cumbia		( Core Exercises )
1:00 - 3:00	Texas Hold'em Poker	Field Trip	Camera Club	12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
3:15 - 4:00	Cumbia				<b>12:30 - Doors Open</b>	11:00 - 12:00	Soft Shoe Tap Dancing	10:00 - 11:00	Bands & Movement
					1:00 to 4:00 - Dancing	1:00 - 3:30	Art Classes - Cancelled	11:00 - 11:45	Cumbia - DVD
					12:45 - 2:45				
					Reiki				
<b>12 MONDAY</b>		<b>13 TUESDAY</b>		<b>14 WEDNESDAY</b>		<b>15 THURSDAY</b>		<b>16 FRIDAY</b>	
9:00 - 10:00	Exercises for Seniors	9:00 - 11:00	Weight Management	9:00 - 10:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons
9:00 - 11:00	Paint Shop Pro Editing		Support & Friendship Group	10:30 - 11:30	Meditation & Relaxation	9:00 - 10:00	Retro Aerobics		8:00 - 10:00 - Beginners
9:00 - 12:00	Craft	9:00 - 11:30	Indoor Bowls	10:30 - 11:30	Yoga	9:00 - 11:30	Patchwork / Quilting		10:00 - 12:00 - Intermediate
10:10 - 11:30	Tai Chi	9:00 - 12:00	Scrabble	12:30 - 3:30	500 Cards	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors
12:00 - 3:00	Line Dancing	12:30 - 3:30	Mah Jong	12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 10:45	Cumbia		( Core Exercises )
1:00 - 3:00	Texas Hold'em Poker	12:30 - 3:30	Hand & Foot - Beginners		<b>12.30 - Doors Open</b>	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
3:15 - 4:00	Cumbia				1.00 to 4.00 - Dancing	11:00 - 12:00	Soft Shoe Tap Dancing	10:00 - 11:00	Bands & Movement
					12:45 - 2:45	11:45 - 12:45	Community Services Newsletter Group	11:00 - 11:45	Cumbia - DVD
					Reiki	1:00 - 2:00	BrainAsize		
						1:00 - 3:30	Art Classes		
<b>19 MONDAY</b>		<b>20 TUESDAY</b>		<b>21 WEDNESDAY</b>		<b>22 THURSDAY</b>		<b>23 FRIDAY</b>	
9:00 - 10:00	Exercises for Seniors	9:00 - 11:30	Indoor Bowls	9:00 - 10:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons
9:00 - 11:00	Paint Shop Pro Editing	9:00 - 12:00	Scrabble	9:00 - 11:00	Backgammon	9:00 - 10:00	Retro Aerobics		8:00 - 10:00 - Beginners
9:00 - 12:00	Craft	12:30 - 3:30	Mah Jong	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting		10:00 - 12:00 - Intermediate
10:10 - 11:30	Tai Chi	12:30 - 3:30	Hand & Foot - Beginners	10:30 - 11:30	Yoga	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors
12:00 - 3:00	Line Dancing	1:00 - 3:00	Camera Club	12:30 - 3:30	500 Cards	10:00 - 10:45	Cumbia		( Core Exercises )
1:00 - 3:00	Texas Hold'em Poker			12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
3:15 - 4:00	Cumbia				<b>12:30 - Doors Open</b>	11:00 - 12:00	Soft Shoe Tap Dancing	10:00 - 11:00	Bands & Movement
					1:00 to 4:00 - Dancing	1:00 - 2:00	BrainAsize	11:00 - 11:45	Cumbia - DVD
					12:45 - 2:45	1:00 - 3:30	Art Classes		
					Reiki				
<b>26 MONDAY</b>		<b>27 TUESDAY</b>		<b>28 WEDNESDAY</b>		<b>29 THURSDAY</b>		<b>30 FRIDAY</b>	
9:00 - 10:00	Exercises for Seniors	9:00 - 11:00	Weight Management	9:00 - 10:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons
9:00 - 11:00	Paint Shop Pro Editing		Support & Friendship Group	10:30 - 11:30	Meditation & Relaxation	9:00 - 10:00	Retro Aerobics		8:00 - 10:00 - Beginners
9:00 - 12:00	Craft	9:00 - 11:30	Indoor Bowls	10:30 - 11:30	Yoga	9:00 - 11:30	Patchwork / Quilting		10:00 - 12:00 - Intermediate
10:10 - 11:30	Tai Chi	9:00 - 12:00	Scrabble	12:30 - 3:30	500 Cards	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors
12:00 - 3:00	Line Dancing	12:30 - 3:30	Mah Jong	12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 10:45	Cumbia		( Core Exercises )
1:00 - 3:00	Texas Hold'em Poker	12:30 - 3:30	Hand & Foot - Beginners		<b>12.30 - Doors Open</b>	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
3:15 - 4:00	Cumbia	1:00 - 3:00	Technology Chat Group		1.00 to 4.00 - Dancing	11:00 - 12:00	Soft Shoe Tap Dancing	10:00 - 11:00	Bands & Movement
					12:45 - 2:45	1:00 - 3:30	Art Classes	11:00 - 11:45	Cumbia - DVD
					Reiki				