

HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM Inc.

Annual
Membership Fee
\$10.00
1 July 2018

WHAT'S ON?

"IF YOU ARE 50 PLUS, COME AND JOIN US"

Supported by



ACTIVITY	WHEN	COST
500 CARDS	MONDAY & WEDNESDAY 12:30 pm - 3:30 pm (3rd Monday of the month in Gazebo)	\$3.00
ART CLASSES - Suspended	THURSDAY 1:00 pm - 3:30 pm - Suspended	\$3.00
AUDIO & VISUAL GROUP	THURSDAY 8:00 am - 12:00 noon	\$3.50
BACKGAMMON - Suspended	1st & 3rd WEDNESDAY of the month - Suspended 9:00 am - 11:00 am	\$3.00
CAMERA CLUB Learn how to use a digital camera to take and show photos	1st TUESDAY of the month field trip 3rd TUESDAY of the month 1:00 pm - 3:00 pm	\$3.50
CHAIR PILATES "Wear appropriate footwear"	THURSDAY 9:00 am - 10:00 am	\$3.50
CRAFT	MONDAY 9:00 am - 12:00 noon	\$3.50
CUMBIA "Dance Fitness Exercise"	MONDAY 3:15 pm - 4:00 pm THURSDAY 10:00 am - 10:45 am	\$3.50
EXERCISE FOR SENIORS "Wear appropriate clothing & footwear"	MONDAY & WEDNESDAY 7:30 am - 8:20 am 8:20 am - 9:10 am 9:10 am - 10:00 am FRIDAY 9:00 am - 10:00 am (Core) FRIDAY 10:00 am - 11:00 am (Bands & Movement)	\$3.50
GUITAR GROUP	TUESDAY 12:30 pm - 3:30 pm THURSDAY 12:30 pm - 3:30 pm	\$3.00
HAND & FOOT CARD GAME	THURSDAY 10:00 am - 3:45 pm	\$3.00
INDOOR BOWLS	TUESDAY 9:00 am - 11:30 am	\$3.00
LIBRARY "No time limit on loans"	OPEN DAILY 8:00 am - 3:45 pm (MEMBERS ONLY)	FREE
LINE DANCING Monday - Beginner, Improvers & Early Intermediate Tuesday - New Beginners	MONDAY 12:00 noon - 3:00 pm 1st, 2nd, 4th & 5th TUESDAY of the month 11:30 am - 2:30 pm	\$3.00
MAH JONG	FRIDAY 9:00 am - 12:00 noon	\$3.00
MEDITATION & RELAXATION	WEDNESDAY 10:30 am - 11:30 am	\$3.00
PATCHWORK / QUILTING	THURSDAY 9:00 am - 11:30 am	\$3.50
REIKI HEALING "BOOKINGS ESSENTIAL"	TUESDAY 9:30 am - 12:15 pm	\$4.00
SCRABBLE	TUESDAY 9:00 am - 12:00 noon	\$3.00
SIXTY & BETTER SOCIAL DANCE GROUP	WEDNESDAY 12:30 pm - 4:00 pm 12.30 pm Doors Open 1:00 pm - 4:00 pm Dancing 3rd SATURDAY of the month 6:30 pm - 10:00 pm	\$3.50
SOFT SHOE TAP DANCING	THURSDAY 11:00 am - 12:00 pm	\$3.00
SPECIAL EVENTS	AS ADVERTISED "Seminars, Bus Trips, Fund-raising, Movies Sessions"	T B A
TAI CHI	MONDAY 10:10 am - 11:30 am	\$3.00
TEXAS HOLD'EM POKER	MONDAY 1:00 pm - 3:00 pm	\$3.00
WEIGHT MANAGEMENT SUPPORT & FRIENDSHIP GROUP	2nd & 4th TUESDAY of the month 9:00 am - 11:00 am	\$3.00
YOGA	WEDNESDAY 10:30 am - 11:30 am	\$3.50

NON MEMBERS cost for activities is \$2.00 (two dollars) EXTRA

Date Modified: 01/02/2019