

# HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM Inc.

Annual  
Membership Fee  
**\$10.00**  
1 July 2020

## WHAT'S ON?

Supported by



***“IF YOU ARE 50 PLUS, COME AND JOIN US”***

ACTIVITY	WHEN	COST
500 CARDS	MONDAY & WEDNESDAY 12:30 pm - 3:30 pm (3rd Monday of the month in Gazebo)	\$4.00
ART CLASS	THURSDAY 1:00 pm - 4:00 pm	\$5.00
BALLET FOR SENIORS	THURSDAY 11:00 am - 12:00 noon	\$4.00
CARD MAKING	1st & 3rd WEDNESDAY of the month 8:30 am - 11:30 am	\$4.00
CHAIR PILATES “Wear appropriate footwear”	THURSDAY 8:45 am - 9:45 am	\$4.00
CRAFT	MONDAY 9:00 am - 12:00 noon	\$4.00
CUMBIA “Dance Fitness Exercise”	MONDAY 2:45 pm - 3:30 pm THURSDAY 10:00 am - 10:45 am	\$4.00
EXERCISE “Wear appropriate clothing & footwear”	MONDAY - Konga Low 8:00 am - 8:50 am 9:00 am - 9:50 am WEDNESDAY - Circuit 8:00 am - 8:50 am 9:00 am - 9:50 am FRIDAY - Chair Combo 8:00 am - 8:50 am 9:00 am - 9:50 am	\$4.00
GUITAR GROUP	TUESDAY 9:00 am - 12:30 pm THURSDAY 12:30 pm - 3:30 pm	\$4.00
HAND & FOOT CARD GAME	THURSDAY 10:00 am - 3:45 pm	\$4.00
INDOOR BOWLS	TUESDAY 9:00 am - 11:30 am	\$4.00
LIBRARY “No time limit on loans”	Monday to Thursday 8:00 am - 3:45 pm Friday 8:00 am - 12 noon ( <b>MEMBERS ONLY</b> )	<b>FREE</b>
LINE DANCING Monday - Beginners, Improvers & Early Intermediate Tuesday - New Beginners / Beginners	MONDAY 11:30 am - 2:30 pm TUESDAY 11:30 am - 2:30 pm 1st Tuesday of the month - <u>New Beginners</u> : Level 1 & Level 2 2nd, 3rd, 4th & 5th Tuesday of the month - <u>Beginners</u> : Level 1 & Level 2	\$4.00
MAH JONG	FRIDAY 9:00 am - 12:00 noon	\$4.00
MEDITATION & RELAXATION	WEDNESDAY 10:30 am - 11:30 am	\$4.00
PATCHWORK / QUILTING	THURSDAY 9:00 am - 11:30 am	\$4.00
REIKI HEALING “BOOKINGS ESSENTIAL”	TUESDAY 9:30 am - 12:15 pm	\$4.00
SCRABBLE	TUESDAY 9:00 am - 12:00 noon	\$4.00
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	\$4.00
SPECIAL EVENTS - Suspended	AS ADVERTISED “Seminars, Bus Trips, Fund-raising, Movies Sessions”	T B A
SUPPORT & FRIENDSHIP GROUP	2nd & 4th TUESDAY of the month 9:00 am - 11:00 am	\$4.00
TAI CHI	MONDAY 10:15 am - 11:15 am	\$4.00
TEXAS HOLD’EM POKER	MONDAY 12:30 pm - 3:00 pm	\$4.00
YOGA	WEDNESDAY 10:15 am - 11:30 am	\$4.00

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

Date Modified: 01/01/2021