



ACTIVITIES FOR OVER 50'S

Annual Membership \$10

ALL ACTIVITIES \$5 FOR MEMBERS

MONDAY

8:00 - 8:45
9:00 - 9:45
Exercise
Low Impact Cardio

9:00 - 12:00
Craft

10:00 - 11:15
Tai Chi

10:00 - 11:00
Pilates *MC

11:30 - 2:15
Line Dancing
Beginner/Improver

12:30 - 3:00
Texas Hold 'Em Cards

12:30 - 3:30
500 Cards

2:45 - 3:30
Zumba Gold with Dee

TUESDAY

8:00 - 8:45
Core Workout *MC

9:00 - 11:30
Indoor Bowls

9:00 - 11:00
Support & Friendship
2nd & 4th Tuesdays

11:30 - 2:00
Line Dancing
Intermediate/advanced

9:00 - 12:00
Scrabble

9:30 - 1:00
Reiki bookings essent.

12:30 - 3:45
Hand & Foot Cards

WEDNESDAY

8:00 - 8:45
9:00 - 9:45
Exercise Circuit

8:30 - 11:30
Card Making
1st & 3rd Wednesdays

11:15 - 12:00
Yoga w Karen

10:30 - 11:30
Meditation/Relaxation

12:30 - 3:30
500 Cards

12:30 - 4:00
Sixty & Better Dance
Old Time/New Vogue
Doors Open 12:30pm
Dancing 1 pm- 4 pm

THURSDAY

8:45 - 9:45
Balance & Movement

10:00 - 10:45
Cumbia
ON HOLD

10:00 - 3:45
Hand & Foot Cards

11:00 - 12:00
Ballet for Seniors

12:30 - 3:30
Guitar Group

12:30 - 3:30
Art Group

FRIDAY

8:00 - 8:55
9:00 - 9:55
Resistance Exercise
Seated Combination

9:00 - 12:00
Mah Jong

10:00 - 12:30
Line Dancing
Level 1, 2 and 2+
For those returning to
Line Dance

***MC**
Activity is
conducted in
Mango Cottage

HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM Inc.

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