



ACTIVITIES FOR OVER 50'S

Annual Membership \$10

ALL ACTIVITIES \$5 FOR MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:45 9:00 - 9:45 Exercise Low Impact Cardio	8:00 - 8:45 Lymphatic Movement	8:00 - 8:45 9:00 - 9:45 Exercise - Circuit	8:00 - 8:55 9:00 - 9:55 Balance & Movement	8:00 - 8:45 9:00 - 9:45 Exercise Chair Combo
9:00 - 12:00 Craft	9:00 - 11:30 Indoor Bowls	8:30 - 11:30 Card Making *MC 1 st & 3 rd Wednesdays	9:00 - 3:45 Hand & Foot Cards	9:00 - 12:00 Mah Jong
10:00 - 11:15 Tai Chi	9:00 - 11:00 Support & Friendship 2 nd & 4 th Tuesdays	10:15 - 11:15 Yoga	10:15 - 11:15 Yoga Nidra	10:00 - 12:00 Line Dancing Easy Mix
11:30 - 3:30 Line Dancing Beginner/Improver	9:00 - 12:00 Scrabble	10:30 - 11:30 Meditation/ Relaxation	12:00 - 3:30 Guitar Group	
12:30 - 3:00 Texas Hold 'Em	9:30 - 12:15 Reiki **BOOKINGS ESSENTIAL	10:30 - 12:00 Art Class		
12:30 - 3:30 500 Cards	12:00 - 1:00 Chair Yoga	12:30 - 3:30 Rummikub		
	12:00 - 3:45 Hand & Foot Cards	12:30 - 3:30 500 Cards		
	New Class 1:30 - 2:15 Cumbia	12:30 - 4:00 Sixty & Better Dance Old Time/New Vogue Dancing 1 pm- 4 pm		



*MC - Activity is conducted in Mango Cottage

HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM Inc.

Dan 'Dinna House – 459 Boat Harbour Drive TORQUAY 4655

Phone: 07 4194 6781 Email: herveybay60@bigpond.com www.60andbetterherveybay.com.au