

TYPICAL ACTIVITIES CALENDAR

Tuesday 1st	Time	Activity	Birthdays (Optional)
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	
Wednesday 2nd			
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	
	1.30pm	Cards & Games	
Thursday 3rd			
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	
Friday 4th			
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	
	1.30pm	Cards & Games	
Saturday 5th			
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	
Sunday 6th			
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	
	1.30pm	Cards & Games	
Monday 7th			
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	

Tuesday 8th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Wednesday 9th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Thursday 10th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Friday 11th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Saturday 12th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Sunday 13th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Monday 14th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Tuesday 15th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Wednesday 16th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Thursday 17th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Friday 18th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Saturday 19th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Sunday 20th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Monday 21st

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Tuesday 22nd

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Wednesday 23rd

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Thursday 24th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Friday 25th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Saturday 26th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Sunday 27th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Monday 28th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Tuesday 29th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

Wednesday 30th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft
1.30pm	Cards & Games

Thursday 31st

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft