


SEPTEMBER 2025

Mon	Tue	Wed	Thu	Fri	
1 9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle Gym with Steph 10.15am Qigong 12.45pm Indoor Bowls 2.00pm Mindful Yoga with Jane—BYO Mat	2 9.00am Table Tennis 9.45am Yogalates 12.45pm Indoor Bowls 1.00pm Mahjong 1.00pm Ukulele	3 9.00am Bootscooting for High Beginners 9.00am Ukulele Group 9.00am Euchre 10.00am Bootscooting 11.00am Tai Chi 1.00pm Table Tennis <u>WEDNESDAY NIGHT BINGO EYES DOWN 6.45PM</u>	4 9.15am Beginners Yogalates 9.30am Mahjong 10.15am Zumba with Gizelle 1.00pm Table Tennis 1.30pm Caresong 2.00pm Mindful Yoga with Jane—BYO Mat	5 8.00am Gym with Steph 8.30am Gentle Gym with Steph 9.00am Art Group 10.30am Beginners Bootscooting 12.00pm Canasta 12.45pm BINGO	OFFICE HOURS 8.30am to 4.00pm Monday-Friday 9752 2232
8 9.00am Art Group 9.00am Gym/Weights 9.00am Scrabble 10.00am Gentle Gym 10.15am Qigong 12.45pm Indoor Bowls 2.00pm Mindful Yoga with HOLLY —BYO Mat	9 9.00am Table Tennis 9.45am Yogalates 12.45pm Indoor Bowls 1.00pm Mahjong 1.00pm Ukulele	10 9.00am Bootscooting for High Beginners 9.00am Ukulele Group 9.00am Euchre 10.00am Bootscooting 11.00am Tai Chi 1.00pm Table Tennis <u>WEDNESDAY NIGHT BINGO EYES DOWN 6.45PM</u>	11 9.15am Beginners Yogalates 9.30am Mahjong 10.15am Zumba with Gizelle 1.00pm Table Tennis 1.30pm Caresong 2.00pm Mindful Yoga with HOLLY —BYO Mat	12 8.00am Gym with Steph 8.30am Gentle Gym with Steph 9.00am Art Group 10.30am Beginners Bootscooting 12.00pm Canasta 12.45pm BINGO	Massage & Beauty Call Treena: 0439 510 245 MONDAY ONLY <hr/> Hairdressers Mobile 0447 126 642 TUESDAY TO FRIDAY FROM 9AM
15 9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle Gym with Steph 10.15am Qigong 12.45pm Indoor Bowls 2.00pm Mindful Yoga with HOLLY —BYO Mat	16 Table Tennis CANCELLED 9.00am Indoor Bowls— VISITATION 9.45am Yogalates 1.00pm Mahjong 1.00pm Ukulele	17 9.00am Bootscooting for High Beginners 9.00am Ukulele Group 9.00am Euchre 10.00am Bootscooting 11.00am Tai Chi 1.00pm Table Tennis <u>WEDNESDAY NIGHT BINGO EYES DOWN 6.45PM</u>	18 9.15am Beginners Yogalates 9.30am Mahjong 10.15am Zumba with Gizelle 1.00pm Table Tennis 1.30pm Caresong 2.00pm Mindful Yoga with HOLLY —BYO Mat	19 8.00am Gym with Steph 8.30am Gentle Gym with Steph 9.00am Art Group 10.30am Beginners Bootscooting 12.00pm Canasta 12.45pm BINGO	Every Saturday of the Month we have Indoor Bowls Start time 1.00 pm <u>Unless otherwise advised</u>
22 9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle Gym with Steph 10.15am Qigong 12.45pm Indoor Bowls 2.00pm Mindful Yoga with HOLLY —BYO Mat	23 9.00am Table Tennis 9.45am Yogalates 12.45pm Indoor Bowls 1.00pm Mahjong 1.00pm Ukulele	24 9.00am Bootscooting for High Beginners 9.00am Ukulele Group 9.00am Euchre 10.00am Bootscooting 11.00am Tai Chi 1.00pm Table Tennis <u>WEDNESDAY NIGHT BINGO EYES DOWN 6.45PM</u>	25 9.15am Beginners Yogalates 9.30am Mahjong 10.15am Zumba 1.00pm Table Tennis 1.30pm Caresong 2.00pm Mindful Yoga with Jane—BYO Mat	26 8.00am Gym with Steph 8.30am Gentle Gym with Steph 9.00am Art Group 10.30am Beginners Bootscooting 12.00pm Canasta 12.45pm BINGO	Texting FOR Seniors <hr/> ★ BFF - best friend fell BTW - bring the wheelchair TTYL - talk to you louder BYOT - bring your own teeth LMDO - laughing my dentures out FWIW - forgot where I was IMHAO - is my hearing aid on? OMMR - on my massage recliner ROFLACGU - rolling on the floor laughing and can't get up
29 KING'S BIRTHDAY PUBLIC HOLIDAY	30 9.00am Table Tennis 9.45am Yogalates— CANCELLED 12.45pm Indoor Bowls 1.00pm Mahjong				Busselton Senior Citizens Centre 22 Peel Terrace Busselton WA 6280 Phone (08) 9752 2232 Email: manager@bscc.net.au