

# MAY 2026

Mon	Tue	Wed	Thu	Fri	
		<p><b>**TAI CHI WITH TRICIA LEE FROM 27TH MAY TO 29TH OF JULY. INCORPORATING QIGONG &amp; TAI CHI.</b></p> <p>TAI CHI <b>CANCELLED</b> FOR AUGUST 2026 AS DAVID IS AWAY. TAI CHI WILL <b>RECOMMENCE</b> ON 2ND SEPTEMBER 2026.</p>		<p>1</p> <p>8.00am Gym with Steph 8.30am Gentle <u>Chair</u> Gym with Steph 9.00am Art Group 10.30am Beginners Bootscooting 12.00pm Canasta <b>12.00pm BASIC BOOTSCOOTING</b> <b>12.45pm BINGO Cancelled TBA</b></p>	<p style="text-align: center;"><b><u>OFFICE HOURS</u></b> 8.30am to 4.00pm <b>Monday-Friday</b> 9752 2232</p>
<p>4</p> <p>9.00am Art Group 9.00am Gym/Weights—<b>CANCELLED</b> 9.00am Scrabble 10.00am Gentle <u>Chair</u> Gym—<b>CANCELLED</b> 10.15am Qigong 12.30pm 500's Club 12.45pm Indoor Bowls 2.00pm Mindful Yoga with Jane—BYO Mat</p>	<p>5</p> <p>8.30am <u>Chair</u> Yoga with Jane 9.00am Table Tennis 9.45am Yogalates 12.45pm Indoor Bowls 1.00pm Mahjong 1.00pm Ukulele</p>	<p>6</p> <p>9.00am Bootscooting for High Beginners 9.00am Ukulele—<b>Harcourts Hall</b> 9.00am Euchre <b>-Visitation in Lesser Hall</b> 10.00am Bootscooting 11.00am Tai Chi 12.00pm Bridge Club 1.00pm Table Tennis</p>	<p>7</p> <p>9.00am Beginners <u>Chair</u> Yogalates with Toni 9.30am Mahjong 10.15am Zumba with Gizelle 11.30am Mindful Yoga with Jane—BYO Mat 1.00pm Table Tennis 1.00pm Caresong</p>	<p>8</p> <p>8.00am Gym with Steph 8.30am Gentle <u>Chair</u> Gym with Steph 9.00am Art Group 10.30am Beginners Bootscooting 12.00pm Canasta <b>12.00pm BASIC BOOTSCOOTING</b> <b>12.45pm BINGO Cancelled TBA</b></p>	<p style="text-align: center;"><b>Massage &amp; Beauty</b> Call Treena: 0439 510 245 <b>MONDAY ONLY</b></p> <hr/> <p style="text-align: center;"><b>Hairdressers</b> Mobile 0447 126 642 <b>TUESDAY TO FRIDAY</b> BY APPOINTMENT ONLY</p>
<p>11</p> <p>9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle <u>Chair</u> Gym-Steph 10.15am Qigong 12.30pm 500's Club 12.45pm Indoor Bowls 2.00pm Mindful Yoga with Jane—BYO Mat</p>	<p>12</p> <p>8.30am <u>Chair</u> Yoga with Jane 9.00am Table Tennis 9.45am Yogalates 12.45pm Indoor Bowls 1.00pm Mahjong 1.00pm Ukulele</p>	<p>13</p> <p>9.00am Bootscooting for High Beginners 9.00am Ukulele 9.00am Euchre 10.00am Bootscooting 11.00am Tai Chi 12.00pm Bridge Club 1.00pm Table Tennis</p>	<p>14</p> <p>9.00am Beginners <u>Chair</u> Yogalates with Toni 9.30am Mahjong 10.15am Zumba with Gizelle 11.30am Mindful Yoga with Jane—BYO Mat 1.00pm Table Tennis 1.00pm Caresong</p>	<p>15</p> <p>8.00am Gym with Steph 8.30am Gentle <u>Chair</u> Gym with Steph 9.00am Art Group 10.30am Beginners Bootscooting 12.00pm Canasta <b>12.00pm BASIC BOOTSCOOTING</b> <b>12.45pm BINGO Cancelled TBA</b></p>	<p><i>start where you are. use what you have. do what you can.</i></p>
<p>18</p> <p>9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle <u>Chair</u> Gym-Steph 10.15am Qigong 12.30pm 500's Club 12.45pm Indoor Bowls 2.00pm Mindful Yoga with Jane—BYO Mat</p>	<p>19</p> <p>8.30am <u>Chair</u> Yoga with Jane 9.00am Table Tennis 9.45am Yogalates 12.45pm Indoor Bowls 1.00pm Mahjong 1.00pm Ukulele</p>	<p>20</p> <p>9.00am Bootscooting for High Beginners 9.00am Ukulele 9.00am Euchre 10.00am Bootscooting 11.00am Tai Chi 12.00pm Bridge Club 1.00pm Table Tennis</p>	<p>21</p> <p>9.00am Beginners <u>Chair</u> Yogalates with Toni 9.30am Mahjong 10.15am Zumba with Gizelle 11.30am Mindful Yoga with Jane—BYO Mat 1.00pm Table Tennis 1.00pm Caresong</p>	<p>22</p> <p>8.00am Gym with Steph 8.30am Gentle <u>Chair</u> Gym with Steph 9.00am Art Group 10.30am Beginners Bootscooting 12.00pm Canasta <b>12.00pm BASIC BOOTSCOOTING</b> <b>12.45pm BINGO Cancelled TBA</b></p>	
<p>25</p> <p>9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle <u>Chair</u> Gym-Steph 10.15am Qigong 12.30pm 500's Club 12.45pm Indoor Bowls 2.00pm Mindful Yoga with Jane—BYO Mat</p>	<p>26</p> <p>8.30am <u>Chair</u> Yoga with Jane 9.00am Table Tennis 9.45am Yogalates 12.45pm Indoor Bowls 1.00pm Mahjong 1.00pm Ukulele</p>	<p>27</p> <p>9.00am Bootscooting for High Beginners 9.00am Ukulele 9.00am Euchre 10.00am Bootscooting 11.00am <b>**Tai Chi—with Tricia Lee</b> 12.00pm Bridge Club 1.00pm Table Tennis</p>	<p>28</p> <p>9.00am Beginners <u>Chair</u> Yogalates with Toni 9.30am Mahjong 10.15am Zumba with Gizelle 11.30am Mindful Yoga with Jane—BYO Mat 1.00pm Table Tennis 1.00pm Caresong</p>	<p>29</p> <p>8.00am Gym with Steph 8.30am Gentle <u>Chair</u> Gym with Steph 9.00am Art Group 10.30am Beginners Bootscooting 12.00pm Canasta <b>12.00pm BASIC BOOTSCOOTING</b> <b>12.45pm BINGO Cancelled TBA</b></p>	