

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2 9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle Chair Gym-Steph 10.15am Qigong 12.30pm 500'S Club 12.45pm Indoor Bowls 2.00pm Yoga with Jane— BYO Mat</p>	<p>3 MELBOURNE CUP LUNCHEON 8.30am Chair Yoga with Jane 8.30am Table Tennis- EARLY START 9.45am Yogalates 12.45pm Indoor Bowls - CANCELLED 1.00pm Mahjong 1.00pm Ukulele</p>	<p>4 9.00am Line Dancing - Improvers 9.00am Ukulele 9.00am Euchre 10.00am Line Dancing - Advanced 11.00am Tai Chi - CANCELLED 12.00pm Bridge 1.00pm Table Tennis</p>	<p>5 9.00am Beginners Chair Yogalates 9.30am Mahjong 10.15am Zumba 11.30am Yoga with Jane - BYO Mat 1.00pm Table Tennis 1.00pm Caresong</p>	<p>6 8.00am Gym with Steph 8.30am Gentle Chair Gym-Steph 9.00am Art Group 10.30am Line Dancing - Beginners 12.00pm Canasta 12.45pm BINGO - EYES DOWN</p>	<p>OFFICE HOURS 8.30am to 4.00pm Monday to Friday 9752 2232</p>
<p>9 SENIORS WEEK 9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle Chair Gym-Steph 10.15am Qigong 10.45am NEW CIRCUIT CLASS TRIAL 12.30pm 500's Club 12.45pm Indoor Bowls 2.00pm Yoga with Jane—BYO Mat</p>	<p>10 SENIORS WEEK 8.30am Chair Yoga with Jane 9.00am Table Tennis 9.45am Yogalates 12.45pm Indoor Bowls 1.00pm Mahjong 1.00pm Ukulele</p>	<p>11 SENIORS WEEK 9.00am Line Dancing - Improvers 9.00am Ukulele 9.00am Euchre 10.00am Line Dancing - Advanced 11.00am Tai Chi 12.00pm Bridge 1.00pm Table Tennis</p>	<p>12 SENIORS WEEK 9.00am Beginners Chair Yogalates 9.30am Mahjong 10.15am Zumba 11.30am Yoga with Jane - BYO Mat 1.00pm Table Tennis 1.00pm Caresong</p>	<p>13 SENIORS WEEK 8.00am Gym with Steph 8.30am Gentle Chair Gym-Steph 9.00am Art Group 10.30am Line Dancing - Beginners 12.00pm Canasta 12.45pm BINGO - EYES DOWN</p>	<p>MASSAGE & BEAUTY Call Treena: 0439 510 245 MONDAY ONLY BY APPOINTMENT ONLY HAIRDRESSERS Call 0447 126 642 FROM TUESDAY TO FRIDAY BY APPOINTMENT ONLY</p>
<p>16 9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle Chair Gym-Steph 10.15am Qigong 12.30pm 500'S Club 12.45pm Indoor Bowls 2.00pm Yoga with Jane— BYO Mat</p>	<p>17 8.30am Chair Yoga with Jane 9.00am Table Tennis 9.45am Yogalates 12.45pm Indoor Bowls 1.00pm Mahjong 1.00pm Ukulele</p>	<p>18 9.00am Line Dancing - Improvers 9.00am Ukulele 9.00am Euchre 10.00am Line Dancing - Advanced 11.00am Tai Chi 12.00pm Bridge 1.00pm Table Tennis</p>	<p>19 9.00am Beginners Chair Yogalates 9.30am Mahjong 10.15am Zumba 11.30am Yoga with Jane - BYO Mat 1.00pm Table Tennis 1.00pm Caresong</p>	<p>20 8.00am Gym with Steph 8.30am Gentle Chair Gym-Steph 9.00am Art Group 10.30am Line Dancing - Beginners 12.00pm Canasta 12.45pm BINGO - EYES DOWN</p>	<p>Saturday Indoor Bowls Every Saturday of the Month **unless otherwise advised** Start time: 1.00pm</p>
<p>23 9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle Chair Gym-Steph 10.15am Qigong 12.30pm 500'S Club 12.45pm Indoor Bowls 2.00pm Yoga with Jane— BYO Mat</p>	<p>24 8.30am Chair Yoga with Jane 9.00am Table Tennis 9.45am Yogalates 12.45pm Indoor Bowls 1.00pm Mahjong 1.00pm Ukulele</p>	<p>25 9.00am Line Dancing - Improvers 9.00am Ukulele 9.00am Euchre 10.00am Line Dancing - Advanced 11.00am Tai Chi 12.00pm Bridge 1.00pm Table Tennis</p>	<p>26 9.00am Beginners Chair Yogalates 9.30am Mahjong 10.15am Zumba 11.30am Yoga with Jane - BYO Mat 1.00pm Table Tennis 1.00pm Caresong - NOT ON TODAY</p>	<p>27 8.00am Gym with Steph 8.30am Gentle Chair Gym-Steph 9.00am Art Group 10.30am Line Dancing - Beginners 12.00pm Canasta 12.45pm BINGO - EYES DOWN</p>	
<p>30 9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle Chair Gym-Steph 10.15am Qigong 12.30pm 500'S Club 12.45pm Indoor Bowls 2.00pm Yoga with Jane— BYO Mat</p>	<p>SENIORS WEEK - 9th November to 13th November Many classes are free, come and try a new one! Lunches for everyone at members prices. See reception for details. New Circuit Class trial with Steph Monday 9th of Nov.</p>				