

OCTOBER 2026

Mon	Tue	Wed	Thu	Fri	
			1 9.00am Beginners <u>Chair</u> Yogalates 9.30am Mahjong 10.15am Zumba 11.30am Mindful Yoga with Jane—BYO Mat 1.00pm Table Tennis 1.00pm Caresong	2 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 12.45pm BINGO EYES DOWN 2.00pm Sound Bowl Relaxation with Jane	OFFICE HOURS 8.30am to 4.00pm Monday-Friday 9752 2232
5 9.00am Art Group 9.00am Gym/Weights Steph 9.00am Scrabble 10.00am Gentle <u>Chair</u> Gym-Steph <u>10.15am Qigong—with David Pilpel</u> 12.30pm 500's Club 12.45pm Indoor Bowls 2.00pm Mindful Yoga Jane—BYO Mat	6 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	7 9.00am Bootscooting for High Beginners 9.00-10.45am Ukulele— <u>Harcourts Hall</u> <u>9.00am Euchre—VISITATION: Lesser Hall</u> 10.00am Bootscooting 11.00am Tai Chi 12.00pm Bridge Club 1.00pm Table Tennis	8 <u>AGM 1PM—MAIN HALL</u> 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 <u>1.30pm</u> Table Tennis 1.00pm Caresong	9 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 12.45pm BINGO EYES DOWN	<u>Massage & Beauty</u> Call Treena: 0439 510 245 MONDAY ONLY <u>BY APPOINTMENT</u> <u>Hairdressers</u> Mobile 0447 126 642 <u>FROM TUESDAY TO FRIDAY</u> <u>BY APPOINTMENT ONLY</u>
12 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 Jane—BYO Mat	13 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	14 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	15 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	16 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 12.45pm BINGO EYES DOWN	The best things about the good old days was that I wasn't good and I wasn't old.  Facebook.com/ShotUpImStillTalking
19 9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle <u>Chair</u> Gym with Steph 10.15am Qigong 12.30pm 500's Club 12.45pm Indoor Bowls 2.00pm Mindful Yoga Jane—BYO Mat	20 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	21 9.00am Bootscooting for High Beginners 9.00am Ukulele 9.00am Euchre 10.00am Bootscooting <u>11.00am Tai Chi—CANCELLED</u> 12.00pm Bridge Club 1.00pm Table Tennis	22 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	23 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 12.45pm BINGO EYES DOWN	Every Saturday of the Month we have <u>Indoor Bowls</u> Start time 1.00 pm <u>NO INDOOR BOWLS</u> <u>SATURDAY</u> <u>31ST OCTOBER 2026</u>
26 9.00am Art Group 9.00am Gym/Weights with Steph 9.00am Scrabble 10.00am Gentle <u>Chair</u> Gym with Steph 10.15am Qigong 12.30pm 500's Club 12.45pm Indoor Bowls 2.00pm Mindful Yoga Jane—BYO Mat	27 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	28 9.00am Bootscooting for High Beginners 9.00am Ukulele 9.00am Euchre 10.00am Bootscooting <u>11.00am Tai Chi—CANCELLED</u> 12.00pm Bridge Club 1.00pm Table Tennis	29 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	30 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 12.45pm BINGO EYES DOWN	Busselton Senior Citizens Centre 22 Peel Terrace Busselton WA 6280 Phone (08) 9752 2232 Email: manager@bscc.net.au www.bscc.net.au