

TYPICAL ACTIVITIES CALENDAR

Tuesday 1st	Time	Activity	Birthdays (Optional)
	11.00am 12.05am	Tai Chi with Chris Birrell – \$5.00 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	
Thursday, and	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	
Caturdayeth	1.30pm	Cards & Games	
Saturday5th	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	
Manday =+h	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 12.05am	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00
	1.00pm 1.30pm	Ladies Pool Craft
	1.30pm	Cards & Games
Wednesday 9th		
	11.00am 12.05am	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00
	1.00pm	Ladies Pool
	1.30pm	Craft
Thursday 10th		
	11.00am 12.05am 1.00pm 1.30pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool Craft Cards & Games
Friday 11th	1.30pm	
	11.00am 12.05am 1.00pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool Craft
Saturday 12th		
	11.00am 12.05am	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00
	1.30pm 1.30pm	Ladies Pool Craft Cards & Games
Sunday 13th	1.30pm	
, ,	11.00am 12.05am 1.00pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool Craft
Monday 14th		
	11.00am 12.05am 1.00pm 1.30pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool Craft Cards & Games
Tuesday 15th		





	11.00am 12.05am 1.00pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool Craft
Wednesday 16th		
	11.00am 12.05am 1.00pm 1.30pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool Craft Cards & Games
Thursday 17th		
	11.00am 12.05am 1.00pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool Craft
Friday 18th		
	11.00am 12.05am 1.00pm 1.30pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool Craft Cards & Games
Saturday 19th		
	11.00am 12.05am 1.00pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool Craft
Sunday 20th		
	11.00am 12.05am 1.00pm 1.30pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool Craft Cards & Games
Monday 21st		
T	11.00am 12.05am 1.00pm 1.30pm	Tai Chi with Chris Birrell – \$5.00 Armchair Gentle Exercise – \$5.00 Ladies Pool 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

