



### TYPICAL ACTIVITIES CALENDAR

Tuesday 1st	Time	Activity	Birthdays (Optional)
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	
<b>Wednesday 2nd</b>			
	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	
<b>Thursday 3rd</b>			
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	
<b>Friday 4th</b>			
	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	
<b>Saturday 5th</b>			
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	
<b>Sunday 6th</b>			
	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	
<b>Monday 7th</b>			
	11.00am	Tai Chi with Chris Birrell – \$5.00	
	12.05am	Armchair Gentle Exercise – \$5.00	
	1.00pm	Ladies Pool	
	1.30pm	Craft	
<b>Tuesday 8th</b>			

# BENDIGO DOMAIN

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## COUNTRY CLUB



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 9th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

### Thursday 10th

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 11th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

### Saturday 12th

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 13th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

### Monday 14th

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 15th

# BENDIGO DOMAIN

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## COUNTRY CLUB



11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

### Wednesday 16th

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 17th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

### Friday 18th

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

### Saturday 19th

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

### Sunday 20th

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

### Monday 21st

11.00am	Tai Chi with Chris Birrell – \$5.00
12.05am	Armchair Gentle Exercise – \$5.00
1.00pm	Ladies Pool
1.30pm	Craft

### Tuesday 22nd

# BENDIGO DOMAIN

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## COUNTRY CLUB



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

# BENDIGO DOMAIN

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## COUNTRY CLUB



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