



# Health & Wellbeing Timetable 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Music for Tots Playgroup</b> 9:30am – 10:30am Tammy - Banksia	<b>Pickleball – 3 sessions</b> 9:30am - 11:30am Tina - Multipurpose Court	<b>Music for Tots Playgroup</b> 9:30am – 10:30am Tammy - Banksia	<b>Mosaic for All</b> 9:15am – 11:45am Jacqui - Pine Street Hall	<b>Zumba Gold®</b> 10am – 11am Naki - Cheltenham Hall
<b>Guided Meditation</b> 10am – 10.45am Jill – Willow Room	<b>Art for All</b> 9.30am – 11.30am Janis - Pine Street Hall		<b>Qigong</b> 9:30am – 10:30am Rita - Auditorium & Zoom	<b>Fitness &amp; Fun with Bubs</b> 11:15am – 11:45am Kayleigh - Banksia Room
<b>Coffee Time</b> 10am – 2pm Soul Cafe	<b>STEADYstrength</b> 10am - 11am Annette/Sharon - Auditorium	<b>Coffee Time</b> 10am – 2pm Soul Cafe	<b>Coffee Time</b> 10am – 2pm Soul Cafe	<b>Coffee Time</b> 10am – 2pm Soul Cafe
<b>Zumba Gold®</b> 10:30am – 11:30am Naki - Cheltenham Hall	<b>Coffee Time</b> 10:00am – 2pm Soul Cafe	<b>Chatty Café</b> 10:30am – 11:30am Foyer	<b>Chatty Café</b> 10:30am – 11:30am Foyer	<b>Keep Active</b> 10am – 10.45am Annette/Sharon - Auditorium
<b>Fit &amp; Feisty</b> 10:30am – 11:30am Wyn - Auditorium	<b>STEADYtone</b> 11.30am – 12.30pm Annette/Sharon - Auditorium	<b>Music Playgroup for Bubs</b> 11:30am – 12:30pm Tammy - Banksia	<b>French Lounge Conversation</b> 10:45am – 11:45am Foyer	<b>STEADYmoves</b> 11am – 11:45pm 11.45am – 12.45pm Annette/Sharon - Auditorium
	<b>Pickleball For All Abilities</b> 12pm – 12.30pm Tina - Multipurpose Court	<b>Love to Live</b> 12:00pm – 12:45pm Naki - Auditorium		<b>Fit &amp; Feisty Exercise</b> 1pm-2pm – Group 1 Wyn - Auditorium
	<b>STEADYrehab</b> 12:30pm – 1:30pm Annette/Sharon - Auditorium	<b>Dance &amp; Movement for All Abilities</b> Coming soon		<b>Fit &amp; Feisty Exercise</b> 2pm-3pm – Group 2 Wyn - Auditorium
<b>Hatha Yoga</b> 6:15pm – 7:15pm Rita - Banksia Room	<b>Qigong</b> 2pm – 3pm Rita - Auditorium	<b>Uke 'N Sing - Ukulele</b> 6pm – 7pm Susie - Auditorium		
<b>Advanced Yoga</b> 7:30pm – 8:45pm Rita - Banksia Room	<b>Pilates</b> 5:30pm – 6:15pm Larisa - Banksia			<b>Saturday</b>
				<b>Creative Therapy Circle</b> 12pm – 2pm Valerie - Acacia