

Health & Wellbeing Timetable 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Music for Tots 9:30am-10:30am Tammy in Banksia</p>	<p>Pickleball 9:30am-11:30am Tina on the Outside Court</p>	<p>Music for Tots 9:30am-10:30am Tammy in Banksia</p>	<p>Mosaic for All 09:15am-11:45am Jacqui in Pine Street Hall</p>	<p>Zumba Gold® 10:00am-11:00am Naki in Cheltenham Hall</p>
<p>Zumba Gold® 10:30am-11:30am Naki in Cheltenham Hall</p>	<p>Art for All 10:00am-12:00pm Janis in Pine Street Hall</p>		<p>Qigong 09:30am-10:30am Rita in Auditorium/Dual Delivery</p>	<p>Fitness & Fun with Bubs 11:15am-11:45am Kayleigh in Banksia Room</p>
<p>Coffee Time 10:00am-2pm Soul Cafe</p>	<p>STEADY Strength & Balance 10am -11am Annette in Auditorium</p>	<p>Coffee Time 10:00am-2pm Soul Cafe</p>	<p>Coffee Time 10:00am-2pm Soul Cafe</p>	<p>Coffee Time 10:00am-2pm Soul Cafe</p>
	<p>Coffee Time 10:00am-2pm Soul Cafe</p>	<p>Chatty Café 10:30am-11:30am Foyer</p>	<p>Chatty Café 10:30am-11:30am Foyer</p>	<p>Keep Active & STEADY Moves 10am-12:45pm Annette in Auditorium</p>
<p>Fit & Feisty 10:30am-11:30am Wyn in Auditorium</p>	<p>STEADY Tone 11.30am - 12.30pm Annette in Auditorium</p>			<p>Fit & Feisty Social Program 12:30pm-1pm Foyer</p>
	<p>STEADY Rehab 12:30pm -1:30pm Annette in Auditorium</p>	<p>Music & Play for Bubs 11:30am-12:30pm Tammy in Banksia</p>		<p>Fit & Feisty Exercise 1pm-2pm – Group 1 2pm-3pm – Group 2 Wyn in Auditorium</p>
	<p>Qigong 2pm -3pm Rita in Auditorium</p>	<p>Love to Live 12:00pm-12:45pm Naki in Auditorium</p>		<p>Fit & Feisty Social Program 3pm-3:30pm Foyer</p>
<p>Hatha Yoga 6:15pm-7:15pm Rita in Banksia Room</p>	<p>Pilates 5:30pm-6:30pm Larisa in Banksia</p>	<p>Ukrainian Art Therapy 12.30pm-2.30pm Valerie in Acacia</p>		<p>Saturday</p>
<p>Advanced Yoga 7:30pm-8:45pm Rita in Banksia Room</p>		<p>Uke 'N Sing - Ukulele 6pm-7pm Susie in Auditorium</p>		<p>Ukrainian Art Therapy 12pm-2pm Valerie in Acacia</p>

