

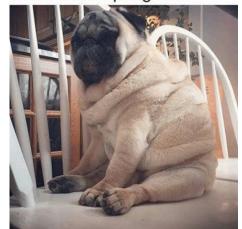
Elderly ProgramSeptember 2021



Don't forget to give us a call if you can't make it to your program on 07 5578 1668

Monday	Tuesday	Wednesday	Thursday	Friday	W
		1 Wellness Week	2 Wellness Week	3 Wellness Week	6
	The state of the s	Diabetes Awareness	Diabetes Awareness	Diabetes Awareness	
** * * *	****	+ Balloon Games	+ Balloon Games	+ Balloon Games	
6 <u>Paid Venue</u> Morning Tea in Centre Pimpama Tavern	7	8	9	10	1
Bring \$\$\$ for Lunch Crazy Sock Week	Crazy Sock Week Meditation and Chair Yoga	Crazy Sock Week Meditation and Chair Yoga	Crazy Sock Week Meditation and Chair Yoga	Crazy Sock Week Meditation and Chair Yoga	
13 Nutrition Quoits +	14 <i>Paid Venue</i> Morning Tea in centre	15 <u>Nutrition</u> Quoits +	16 <u>Nutrition</u> Quoits +	17 <u>Nutrition</u> Quoits +	2
Celebrity Heads	Pimpama Tavern Bring \$\$\$ for lunch	Celebrity Heads	Celebrity Heads	Celebrity Heads	
* Games with a twist		* Games with a twist	* Games with a twist	* Games with a twist	
20 Cruise Ship Theme Senior's Week	21 Cruise Ship Theme Senior's Week	22 Cruise Ship Theme Senior's Week	23 Cruise Ship Theme Senior's Week	24 Cruise Ship Theme Senior's Week	3
	and the same of th	The state of the s			
27 Exercise Circuit	28 Exercise Circuit	29 Exercise Circuit	30 <u>Paid Venue</u> Morning Tea in centre	SPRING	4
+ Plunk It!!!	+ Plunk It!!!	+ Plunk It!!!	Pimpama Tavern Bring \$\$\$ for lunch	HAS SPRUNG!!!!!	

Finally my Winter fat is gone, now I have Spring rolls.



Note:- We will be celebrating our senior's with a fun Cruise Ship Theme. Come and enjoy lunch at the captain's table, raffles,

lucky door prizes, games and more....



