










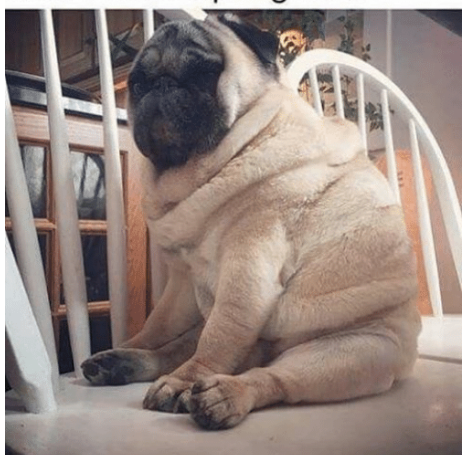




Monday	Tuesday	Wednesday	Thursday	Friday	W
		1 Wellness Week Diabetes Awareness + Balloon Games	2 Wellness Week Diabetes Awareness + Balloon Games	3 Wellness Week Diabetes Awareness + Balloon Games	6
6 <u>Paid Venue</u> Morning Tea in Centre Pimpama Tavern Bring \$\$\$ for Lunch Crazy Sock Week	7  Crazy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

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....

