



Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am - Seated Exercises 2pm - Movie Matinee	7am – Walking Group 930am - Shopping trip 2pm - Taiso class 3pm - Social Bowls	10am – Ladies Morning Tea 10am - Chair Yoga 2pm – Indoor Bowls	10am - Seated Exercises 3pm - Social Bowls 7pm - Line Dancing	130pm - Hand & Foot Canasta 2pm - Friday flick	Table Tennis Billiards	2pm - Line Dancing
10am - Seated Exercises 2pm - Movie Matinee	7am – Walking Group 10am - Shopping trip 2pm - Taiso class 3pm - Social Bowls	10am - Chair Yoga 2pm – Indoor Bowls	10am - Seated Exercises 3pm - Social Bowls 7pm - Line Dancing	430pm - Happy Hour	Table Tennis Billiards	2pm - Line Dancing
10am - Seated Exercises 2pm - Movie Matinee	7am – Walking Group 930am - Shopping trip 2pm - Taiso class 3pm - Social Bowls	10am - Chair Yoga 2pm – Indoor Bowls	10am - Seated Exercises 2pm – Trivia 3pm - Social Bowls 7pm - Line Dancing	130pm - Hand & Foot Canasta 2pm - Friday flick	Table Tennis Billiards	2pm - Line Dancing
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Community Garden group	Monthly Trivia	Monthly Ladies Morning Tea	Monthly Resident Meeting	Fortnightly Newsletter	Vaiola Café Monday - Thursday 7am–2pm Friday - Saturday 7am – 5pm Drinks, Coffee, Cake & Lunch	