



Health & Wellbeing Timetable 2024

Updated: 25th June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Music for Tots 9:30am-10:30am Banksia</p>	<p>Art for All 10:00am-12:00pm Pine Street Hall</p>	<p>Music for Tots 9:30am-10:30am Banksia</p>	<p>Mosaic for All 09:15am-11:45am Pine Street Hall</p>	<p>Zumba Gold® 10:00am-11:00am Cheltenham Hall</p>
<p>Zumba Gold® 10:30am-11:30am Cheltenham Hall</p>			<p>Qigong 09:30am-10:30am Auditorium / Dual Delivery</p>	
<p>Coffee Time 10:00am-1:30pm Soul Cafe</p>	<p>Coffee Time 10:00am-1:30pm Soul Cafe</p>	<p>Coffee Time 10:00am-1:30pm Soul Cafe</p>	<p>Coffee Time 10:00am-1:30pm Soul Cafe</p>	<p>Coffee Time 10:00am-1:30pm 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-12:00pm Auditorium</p>
<p>Fit & Feisty 10:30am-11:30am Auditorium</p>	<p>STEADY Tone Chair-based Exercise 12:30pm -1:15pm Auditorium</p>	<p>Strength & Balance 11am-11:45am Zoom</p>		<p>Fit & Feisty 1.15pm-2:15pm Social program Foyer</p>
	<p>Qigong 2pm -3pm Auditorium</p>	<p>Music & Play for Bubs 11:30am-12:30pm Banksia</p>		<p>Fit & Feisty Exercise 12:30pm-1:30pm Auditorium</p>
<p>Hatha Yoga Basic 6:15pm-7:15pm Banksia Room</p>		<p>Love to Live 12:00pm-12:45pm Auditorium</p>		<p>Fit & Feisty Exercise 2pm-3pm Auditorium</p>
		<p>Ukrainian Art Therapy 12.30pm-2.30pm Acacia</p>		
		<p>Uke 'N Sing - Ukulele 6pm-7pm Chapel</p>	<p>Vinyasa Yoga 5:30pm-6:30pm Banksia</p>	
<p>Advanced Yoga 7:30pm-8:45pm Banksia Room</p>				<p>Saturday</p>
				<p>Ukrainian Art Therapy 12pm-2pm Acacia</p>