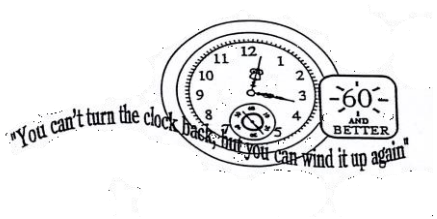
HERVEY BAY SIXTY + BETTER HEALTHY AGEING PROGRAM INC



Dan 'Dinna House, 459 Boat Harbour Drive, Torquay QLD 4655
Phone: 4194 6781 or 4194 6782
Email: herveybay60@bigpond.com
Website: www.60andbetterherveybay.com.au

Supported by Queensland Government

OCTOBER 2017

2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY
CLOSED PUBLIC HOLIDAY QUEENS BIRTHDAY		9:00 - 11:30	Indoor Bowls	8:00 - 9:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons 8:00 - 10:00 - Beginners 10:00 - 12:00 - Intermediate
		9:00 - 12:00	Scrabble	9:00 - 10:00	Exercises for Seniors	9:00 - 10:00	Chair Pilates		
		10:00 - 11:00	Coffee, Chat & Social Group	9:00 - 11:00	Backgammon	9:00 - 11:30	Patchwork / Quilting		
		12:30 - 3:30	Mah Jong	10:30 - 11:30	Meditation & Relaxation	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors (Core Exercises)
		12:30 - 3:30	Hand & Foot - Beginners	10:30 - 11:30	Yoga	10:00 - 10:45	Cumbia		
		1:00 - 3:00	H/Bay Macintosh Users Group	12:30 - 3:30	500 Cards	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
		Field Trip	Camera Club	12:30 - 4:00	Sixty & Better Social Dance Group **12:30 - Doors Open** 1:00 to 4:00 - Dancing	11:00 - 12:15	Soft Shoe Tap Dancing 11:00 - 11:45 - Advance Class 11:45 - 12:15 - Beginner Class	10:00 - 11:00	Bands & Movement
				12:45 - 2:45	Reiki	1:00 - 2:00	BrainAsize		
						1:00 - 3:30	Art Classes		
9	**MONDAY**	**10**	**TUESDAY**	**11**	**WEDNESDAY**	**12**	**THURSDAY**	**13**	**FRIDAY**
8:00 - 9:00	Exercises for Seniors	9:00 - 11:00	Weight Management Support & Friendship Group	8:00 - 9:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons 8:00 - 10:00 - Beginners 10:00 - 12:00 - Intermediate
9:00 - 10:00	Exercises for Seniors			9:00 - 10:00	Exercises for Seniors	9:00 - 10:00	Chair Pilates		
9:00 - 11:00	Paint Shop Pro Editing	9:00 - 11:30	Indoor Bowls	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting		
9:00 - 12:00	Craft	9:00 - 12:00	Scrabble	10:30 - 11:30	Yoga	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors (Core Exercises)
10:10 - 11:30	Tai Chi	10:00 - 11:00	Coffee, Chat & Social Group	12:30 - 3:30	500 Cards	10:00 - 10:45	Cumbia		
12:00 - 3:00	Line Dancing	12:30 - 3:30	Mah Jong	12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
12:30 - 3:30	500 Cards	12:30 - 3:30	Hand & Foot - Beginners		**12:30 - Doors Open** 1:00 to 4:00 - Dancing	11:00 - 12:15	Soft Shoe Tap Dancing 11:00 - 11:45 - Advance Class 11:45 - 12:15 - Beginner Class	10:00 - 11:00	Bands & Movement
1:00 - 3:00	Texas Hold'em Poker			12:45 - 2:45	Reiki				
3:15 - 4:00	Cumbia					1:00 - 3:30	Art Classes		
16	**MONDAY**	**17**	**TUESDAY**	**18**	**WEDNESDAY**	**19**	**THURSDAY**	**20**	**FRIDAY**
8:00 - 9:00	Exercises for Seniors	9:00 - 11:30	Indoor Bowls	8:00 - 9:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons 8:00 - 10:00 - Beginners 10:00 - 12:00 - Intermediate
9:00 - 10:00	Exercises for Seniors	9:00 - 12:00	Scrabble	9:00 - 10:00	Exercises for Seniors	9:00 - 10:00	Chair Pilates		
9:00 - 11:00	Paint Shop Pro Editing	10:00 - 11:00	Coffee, Chat & Social Group	9:00 - 11:00	Backgammon	9:00 - 11:30	Patchwork / Quilting		
9:00 - 12:00	Craft	12:30 - 3:30	Mah Jong	10:30 - 11:30	Meditation & Relaxation	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors (Core Exercises)
10:10 - 11:30	Tai Chi	12:30 - 3:30	Hand & Foot - Beginners	10:30 - 11:30	Yoga	10:00 - 10:45	Cumbia		
12:00 - 3:00	Line Dancing	1:00 - 3:00	Camera Club	12:30 - 3:30	500 Cards	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
1:00 - 3:00	Texas Hold'em Poker			12:30 - 4:00	Sixty & Better Social Dance Group	11:00 - 12:15	Soft Shoe Tap Dancing	10:00 - 11:00	Bands & Movement
3:15 - 4:00	Cumbia				**12:30 - Doors Open** 1:00 to 4:00 - Dancing		11:00 - 11:45 - Advance Class 11:45 - 12:15 - Beginner Class		
				12:45 - 2:45	Reiki	1:00 - 2:00	BrainAsize		
						1:00 - 3:30	Art Classes		
23	**MONDAY**	**24**	**TUESDAY**	**25**	**WEDNESDAY**	**26**	**THURSDAY**	**27**	**FRIDAY**
8:00 - 9:00	Exercises for Seniors	**11:30 Annual General Meeting** **Please join us for the A.G.M.** **Followed by Free BBQ Lunch**		8:00 - 9:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons 8:00 - 10:00 - Beginners 10:00 - 12:00 - Intermediate
9:00 - 10:00	Exercises for Seniors			9:00 - 10:00	Exercises for Seniors	9:00 - 10:00	Chair Pilates		
9:00 - 11:00	Paint Shop Pro Editing			10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting		
9:00 - 12:00	Craft			10:30 - 11:30	Yoga	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors (Core Exercises)
10:10 - 11:30	Tai Chi	9:00 - 11:00	Weight Management Support & Friendship Group	12:30 - 3:30	500 Cards	10:00 - 10:45	Cumbia		
12:00 - 3:00	Line Dancing			12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
12:30 - 3:30	500 Cards	9:00 - 11:00	Indoor Bowls		**12:30 - Doors Open**	11:00 - 12:15	Soft Shoe Tap Dancing	10:00 - 11:00	Bands & Movement
1:00 - 3:00	Texas Hold'em Poker	9:00 - 12:00	Scrabble		1:00 to 4:00 - Dancing		11:00 - 11:45 - Advance Class		
3:15 - 4:00	Cumbia	10:00 - 11:00	Coffee, Chat & Social Group	12:45 - 2:45	Reiki		11:45 - 12:15 - Beginner Class		
		12:30 - 3:30	Mah Jong			1:00 - 2:00	BrainAsize		
		12:30 - 3:30	Hand & Foot - Beginners			1:00 - 3:30	Art Classes		
30	**MONDAY**	**31**	**TUESDAY**						
8:00 - 9:00	Exercises for Seniors	9:00 - 11:30	Indoor Bowls	***RECEPTION HOURS***		***BOOKINGS ESSENTIAL***		***Annaul General Meeting***	
9:00 - 10:00	Exercises for Seniors	9:00 - 12:00	Scrabble	***Monday to Thursday 8 am - 4 pm***		***REIKI***		***11:30 AM***	
9:00 - 11:00	Paint Shop Pro Editing	10:00 - 11:00	Coffee, Chat & Social Group	***Friday 8 am - 12 noon***		***COMPUTER COURSES***		**Followed by a FREE BBQ lunch**	
9:00 - 12:00	Craft	12:30 - 3:30	Mah Jong						
10:10 - 11:30	Tai Chi	12:30 - 3:30	Hand & Foot - Beginners						
12:00 - 3:00	Line Dancing								
12:30 - 3:30	500 Cards								
1:00 - 3:00	Texas Hold'em Poker								
3:15 - 4:00	Cumbia								