

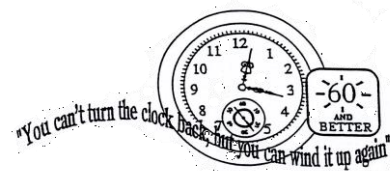
# HERVEY BAY SIXTY & BETTER HEALTHY AGEING PROGRAM INC

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Supported by



Queensland Government

## APRIL 2017

3	MONDAY	4	TUESDAY	5	WEDNESDAY	6	THURSDAY	7	FRIDAY
9:00 - 10:00	Exercises for Seniors	9:00 - 12:00	Scrabble	9:00 - 10:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons
9:00 - 11:00	Paint Shop Pro Editing	9:30 - 10:30	<b>Information Seminar</b>	9:00 - 11:00	Backgammon	9:00 - 10:00	Retro Aerobics	8:00 - 10:00	Beginners
9:00 - 12:00	Craft		Larry Bell - Bell Dixon Butler Lawyers	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting	10:00 - 12:00	Intermediate
10:10 - 11:30	Tai Chi	12:30 - 3:30	Mah Jong	10:30 - 11:30	Yoga	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors
12:00 - 3:00	Line Dancing	12:30 - 3:30	Hand & Foot - Beginners	12:30 - 3:30	500 Cards	10:00 - 10:45	Cumbia		( Core Exercises )
1:00 - 3:00	Texas Hold'em Poker	1:00 - 3:00	H/Bay Macintosh Users Group	12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
3.15 - 4.00	Cumbia		Field Trip		<b>12:30 - Doors Open</b>	11:45 - 12:45	Writers Group	10:00 - 11:00	Bands & Movement
			Camera Club		1:00 to 4:00 - Dancing	1:00 - 3:30	Art Classes		
					12:45 - 2:45				
					Reiki				
10	MONDAY	11	TUESDAY	12	WEDNESDAY	13	THURSDAY	14	FRIDAY
9:00 - 10:00	Exercises for Seniors	9:00 - 11:00	Weight Management	9:00 - 10:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group		
9:00 - 11:00	Paint Shop Pro Editing		Support & Friendship Group	10:00 - 2:00	Market Day	9:00 - 10:00	Retro Aerobics		
9:00 - 12:00	Craft	9:00 - 11:30	Indoor Bowls	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting		
10:10 - 11:30	Tai Chi	9:00 - 12:00	Scrabble	10:30 - 11:30	Yoga	9:30 - 12:15	Reiki		
12:00 - 3:00	Line Dancing	12:30 - 3:30	Mah Jong	12:30 - 3:30	500 Cards	10:00 - 10:45	Cumbia		
1:00 - 3:00	Texas Hold'em Poker	12:30 - 3:30	Hand & Foot - Beginners	12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 3:45	Hand & Foot		
3.15 - 4.00	Cumbia				<b>12:30 - Doors Open</b>	1:00 - 2:00	BrainAsize		
					1:00 to 4:00 - Dancing	1:00 - 3:30	Art Classes		
					12:45 - 2:45				
					Reiki				
17	MONDAY	18	TUESDAY	19	WEDNESDAY	20	THURSDAY	21	FRIDAY
		9:00 - 11:30	Indoor Bowls	9:00 - 10:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons
		9:00 - 12:00	Scrabble	9:00 - 11:00	Backgammon	9:00 - 10:00	Retro Aerobics	8:00 - 10:00	Beginners
		12:30 - 3:30	Mah Jong	10:30 - 11:30	Meditation & Relaxation	9:00 - 11:30	Patchwork / Quilting	10:00 - 12:00	Intermediate
		12:30 - 3:30	Hand & Foot - Beginners	10:30 - 11:30	Yoga	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors
		1:00 - 3:00	Camera Club	12:30 - 3:30	500 Cards	10:00 - 10:45	Cumbia		( Core Exercises )
				12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
			<b>12:30 - Doors Open</b>	11:45 - 12:45	Writers Group	10:00 - 11:00	Bands & Movement		
			1:00 to 4:00 - Dancing	1:00 - 2:00	BrainAsize				
				12:45 - 2:45	Art Classes				
					Reiki				
24	MONDAY	25	TUESDAY	26	WEDNESDAY	27	THURSDAY	28	FRIDAY
9:00 - 10:00	Exercises for Seniors			9:00 - 10:00	Exercises for Seniors	8:00 - 12:00	Audio & Visual Group	8:00 - 12:00	Guitar Lessons
9:00 - 11:00	Paint Shop Pro Editing			10:30 - 11:30	Meditation & Relaxation	9:00 - 10:00	Retro Aerobics	8:00 - 10:00	Beginners
9:00 - 12:00	Craft			10:30 - 11:30	Yoga	9:00 - 11:30	Patchwork / Quilting	10:00 - 12:00	Intermediate
10:10 - 11:30	Tai Chi			12:30 - 3:30	500 Cards	9:30 - 12:15	Reiki	9:00 - 10:00	Exercises for Seniors
12:00 - 3:00	Line Dancing			12:30 - 4:00	Sixty & Better Social Dance Group	10:00 - 10:45	Cumbia		( Core Exercises )
1:00 - 3:00	Texas Hold'em Poker				<b>12.30 - Doors Open</b>	10:00 - 3:45	Hand & Foot	9:00 - 12:00	Mah Jong
3.15 - 4.00	Cumbia		1.00 to 4.00 - Dancing	1:00 - 2:00	BrainAsize	10:00 - 11:00	Bands & Movement		
				12:45 - 2:45	Art Classes				
					Reiki				
<b>RECEPTION HOURS</b> Monday to Thursday 8 am - 4 pm Friday 8 am - 12 noon		<b>Information Seminar</b> Larry Bell Bell Dixon Butler Lawyers Power of Attorney Advance Health Directive Unravelling the Aged Care Puzzle		<b>BOOKINGS ESSENTIAL</b>  <b>REIKI</b>  <b>COMPUTER LESSONS</b>		Please be aware of the change of dates for BrainAsize for April only		New Exercise Class Bands & Movement Friday 10:00am - 11:00am	