


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1 PUBLIC HOLIDAY</b> NEW YEARS DAY</p>	<p><b>2 Mind &amp; Body Exercises</b> 10am – 11.30am Includes Morning Tea</p>	<p><b>3</b></p>
<p><b>6</b></p>	<p><b>7 Gentle Exercise</b> <b>CANCELLED</b> Classes resume Tuesday 14<sup>th</sup> January</p>	<p><b>8 Movie Matinee/ Morning Tea</b> The Leisure Seeker (1.52hrs) Everglow Davidson St \$5.00 Includes morning tea 9.30am – 12noon RSVP 3/1/25</p>	<p><b>9 Mind &amp; Body Exercises</b> 10am – 11.30am Includes Morning Tea</p>	<p><b>10 BINGO 9.30am – 11.30am</b> Includes Morning Tea 5 Benefits of playing Bingo 1. Mental Stimulation 2. Social Interaction 3. Emotional Well-being 4. Motor Skills 5. Memory Enhancement</p>
<p><b>13</b></p>	<p><b>14 Gentle Exercise</b> 10am – 11.30am Includes Morning Tea</p>	<p><b>15 Monthly Function</b> RSL Club Lunch 11.30am – 1.30pm RSVP 10/1/25 Lunch orders taken on the day.</p>	<p><b>16 Mind &amp; Body Exercises</b> 10am – 11.30am Includes Morning Tea</p>	<p><b>17 Arts &amp; Craft</b> 10am – 12noon Includes Morning Tea</p>
<p><b>20</b></p>	<p><b>21 Gentle Exercise</b> 10am – 11.30am Includes Morning Tea</p>	<p><b>22 Monthly Function</b> Australia Day Lunch Everglow Davidson St 11.30am – 1.30pm \$15.00 Raffle &amp; Games RSVP 17/1/25</p>	<p><b>23 Mind &amp; Body Exercises</b> 10am – 11.30am Includes Morning Tea</p>	<p><b>24 Hoy</b> 9.30am – 11.30am Includes Morning Tea</p>
<p><b>27 AUSTRALIA DAY</b> <b>PUBLIC HOLIDAY</b> </p>	<p><b>28 Gentle Exercise</b> 10am – 11.30am Includes Morning Tea</p>	<p><b>29</b></p>	<p><b>30 Mind &amp; Body Exercises</b> 10am – 11.30am Includes Morning Tea</p>	<p><b>31 Arts &amp; Craft</b> 10am – 12noon Includes Morning Tea</p>

