



ACTIVITIES CO-ORDINATORS: Mel & Alice

CONTACTS: Mel **P:** 0417 683 188 (Tues) Alice **P:** 0427 135820 (Weds & Thurs) Caitlin **P:** 0400685211 (Fri)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 OCT – CENTRE BASED</b> Numbers Up, Gentle exercise Cottage Lunch COST: \$32	<b>2 OCT – CENTRE BASED</b> Gentle exercise & Cottage Lunch Afternoon drive COST: \$32	<b>3 OCT – OUTING</b> Morning tea at Kokoda Track Lunch: Carlingford Bowling club COST: \$37	<b>4 OCT</b> Meeting House Combined activities Cost: \$32
<b>8 OCT – OUTING</b> Parramatta Lakes Picnic COST: \$37	<b>9 OCT – OUTING</b> Morning tea at Pirrama Park Lunch: Ramsgate RSL COST: \$37	<b>10 OCT – CENTRE BASED</b> Shuffleboard games & cottage lunch COST: \$32	<b>11 OCT</b> Meeting House Combined activities Cost: \$32
<b>15 OCT – CENTRE BASED</b> Olympic Celebration Games and Lunch & Games COST: \$32	<b>16 OCT – CENTRE BASED</b> Gentle exercise & Cottage Lunch Afternoon drive COST: \$32	<b>17 OCT – OUTING</b> Stroll in Bella Vista Park Lunch: The Irish Club COST: \$37	<b>18 OCT</b> Meeting House Combined activities Cost: \$32
<b>22 OCT – Outing</b> Balmoral Beach Promenade & Picnic COST: \$37	<b>23 OCT – OUTING</b> Morning tea in Ballast Point Lunch: Maroubra Seal Club COST: \$37	<b>24 OCT – CENTRE BASED</b> Gentle exercise & board game Cottage BBQ Lunch COST: \$32	<b>25 OCT</b> Meeting House Combined activities Cost: \$32
<b>29 OCT – CENTRE BASED</b> Trivia, Superstitions & more Courtyard BBQ COST: \$32	<b>30 OCT – CENTRE BASED</b> Gentle exercise & Cottage Lunch Afternoon drive COST: \$32	<b>31 OCT</b> Stroll in Fagan Park Lunch: Glenorie RSL COST: \$32	