

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
28	29 10:00am- No Sew Face Mask tutorial	30	1	2
5	6 930am – Chair Yoga 130pm – Singing	7	8 10:00am Christmas tree ornaments	9 930am – Be Active! 10am – Modified Dance
12	13 12pm – Be Active! 1230pm – Chair Yoga	14 930am – Be Active! 10am – Singing	15	16
19 10am – Singing (Rock Classics)	20 12pm – My Health Record 1230pm – Chair Yoga	21 930am – My Health Record 10am – Singing	22 10:00am Christmas tree ornaments	23 930am – My Health Record 10am – Modified Dance
26	27 12pm – Aged Care Options 1230pm – Chair Yoga	28 930am – Aged Care Options 10am – Singing	29	30

War Widows NSW Events

A health-related discussion will be held about 15-20 minutes prior to each activity (yoga, singing, dance).

Chair Yoga for Seniors is a modified form of traditional yoga. Each of the stretches are done while seated. No floor exercises.

Dance4Wellbeing requires no prior dance experience. A movement program for physical, cognitive and social benefits.

Unlock Your Voice is our partner to give you a vocal opportunity to express yourself. You can do group (video) or 1:1 sessions (audio)

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 1230pm – Chair Yoga	4 10am – Singing	5	6 930am – Aged Care Options
9 10am – Singing (Classics)	10 12pm – Wellbeing & Ageing 1230pm – Chair Yoga	11 930am – Wellbeing & Ageing 10am – Singing	12	13
16	17 1230pm – Chair Yoga	18 10am – Singing	19	20 930am – Wellbeing & Ageing 10am – Modified Dance
23	24	25	26	27
30				

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