



The Central What's Happening January 2017 Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22/01	23/01	24/01	25/01	26/01	27/01	28/01
 <p style="text-align: center;">10.30am Coffee and Chat in the Lifestyle Centre. All new residents welcome.</p>  <p style="text-align: center;">11:45am – 12:30pm Weights & Resistance</p>  <p style="text-align: center;">1:30pm – 2:15pm Tai Chi (Best Balance)</p>  <p style="text-align: center;">3.00pm Come along and join in a social game of Mahjong. Beginners welcome.</p>	<p style="text-align: center;">7:00am Fast Walk</p> <p style="text-align: center;">8:30am Meet outside The District. No booking required just turn up.</p>  <p style="text-align: center;">10:20am Movie at New Acton-The Darkest Hour. We will be having lunch at the Cinema which will cost \$18 and includes your ticket and a light lunch of sandwiches. If attending, you need to put your name on the list by Friday 19th January at the latest for catering purposes.</p>  <p style="text-align: center;">10.00am Exercise class with Ryan \$10 a class. Everyone welcome.</p>  <p style="text-align: center;">3:00pm Come and enjoy a casual game of RUMMIKUB. Beginners welcome.</p>	 <p style="text-align: center;">9:00am – 9:45am Weights & Resistance</p>  <p style="text-align: center;">10:00am – 10:45am Yoga (Strength and Stretch)</p>  <p style="text-align: center;">9:00am - 3:00pm Zoiya's Beauty Clinic@ Goodwin. Please call Zoiya from the intercom outside Building B for access to unit 121. Bookings to be made at Reception.</p> <p style="text-align: center;">2:00pm Sjoole (Shuffleboard) in the Activities Room.</p> <p style="text-align: center;">3:00pm Bridge sessions. Players of all levels welcome. Lessons available.</p>	 <p style="text-align: center;">N.B This outing is for My Aged Care – Social outing approved members only. 10:00am Goodwin Community Social Outing. Trip to the Bird Avery at Gold Creek and lunch at a café of your choice. If attending, please put your name on the list.</p>  <p style="text-align: center;">3:00pm Come and enjoy a casual game of DOMINOES. Beginners welcome</p>	 <p style="text-align: center;">9:00am – 9:45am Weights & Resistance</p>  <p style="text-align: center;">10:00am – 10:45am Yoga (Strength and Stretch)</p> <p style="text-align: center;">Australia Day Public Holiday</p>  <p style="text-align: center;">Australia Day 12:00pm Australia Day lunch. If attending please put your name on the list and what you are providing.</p> <p style="text-align: center;">3.00pm Mahjong. Stay on and enjoy Happy Hour at 5:00pm.</p> <p style="text-align: center;">4.00pm Table Tennis. We have a couple of enthusiastic players who would love a few extras to join in this fun game.</p> <p style="text-align: center;">5.00pm. Happy Hour BYO nibbles and drinks. All residents welcome.</p>	 <p style="text-align: center;">10.30am Saturday Morning Coffee in the Lifestyle Centre.</p> <p style="text-align: center;"><i>Love to craft?</i></p>  <p style="text-align: center;">2.00pm Crafty Fingers. Why not bring your talents and have a chat in the Dining Room.</p>  <p style="text-align: center;">3.00pm Come along and join in a social game of Mahjong. Beginners welcome.</p>	 <p style="text-align: center;">11:00am Finska in the Activities room or on the new croquet lawn. Everyone welcome.</p>  <p style="text-align: center;">1.30pm Croquet on the new lawn. Everyone welcome.</p>  <p style="text-align: center;">3:00pm "Hit & Giggle Tennis".</p>