

activities *Calendar*

	Monday	Tuesday	Wednesday	Thursday	Friday	
9 am		Remain Active	Feel Fit		Yoga	
10 am	Social Outings *			Remain Active	Walking Group	
11 am		Remain Active		Yoga		
12 pm		Remain Active	Pilates	Tai Chi	Art + Morning Tea	Tai Chi
1 pm		Remain Active				Remain Active
2 pm		Stepping on	Book Club + Afternoon Tea *			
3 pm						
4 pm				Trivia, Games and Quiz *	Music Concert *	

■ Within 1-2 hours of McQuoin Park

■ Held at McQuoin Park Leisure & Wellness Club

■ Online Activities

* Occurs fortnightly, not weekly.