

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>9am – 10am</b>	<b>Remain Active</b> Online				<b>Gym Circuit</b> Kincumber	<b>Remain Active</b> Jesmond	<b>Seated Exercises</b> Warnervale	<b>Meditation</b> Raymond Terrace	<b>Tai Chi</b> Online	
<b>10am – 11am</b>		<b>Seated Exercise</b> Kincumber	<b>Remain Active</b> East Maitland		<b>Gym Circuit</b> Kincumber					<b>Remain Active</b> Warnervale
<b>11am – 12pm</b>	<b>Water Exercise</b> Kincumber							<b>Remain Active</b> Raymond Terrace	<b>Water Exercise</b> Kincumber	<b>Remain Active</b> East Maitland
<b>12pm – 1pm</b>		<b>Remain Active</b> Kincumber	<b>Water Exercise</b> Morpeth				<b>Core &amp; Stretch</b> Warnervale			
<b>1pm – 2pm</b>			<b>Arts, Crafts &amp; Games</b> East Maitland						<b>Book Club *</b> Warnervale	<b>Art Class *</b> Warnervale
<b>2pm – 3pm</b>									* First Friday of each month	* Third Friday of each month
<b>3pm – 4pm</b>				<b>Meditation &amp; Relaxation</b> Online				<b>Music Concerts *</b> * Online fortnightly		