



activities *Calendar*

Dubbo

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8am – 9am	Aqua Zumba					
9am – 10am			Yoga Online			Tai Chi Online
10am – 11am				Pilates	Remain Active	Monthly Social Outings
11am – 12pm						
12pm – 1pm						
1pm – 2pm						
2pm – 3pm					Art Class	
3pm – 4pm		Meditation & Relaxation Online		Music Concerts * * Online fortnightly		