



activities *Calendar*

North Shore (Face-to-Face)

	MONDAY		TUESDAY		WEDNESDAY			THURSDAY			FRIDAY	
9am – 10am	Aqua Fitness Pennant Hills	Men's Circuit Wahroonga	Walking Group Ku-Ring-Gai		Remain Active North Turramurra			Remain Active North Turramurra		Walking Group Wahroonga	Yoga Wahroonga	
10am – 11am	Remain Active Waitara			Pilates Waitara		Men's Resistance Wahroonga			Tai Chi Pennant Hills			Remain Active Mona Vale
		Remain Active Wahroonga								Art & Morning Tea Wahroonga		
11am – 12pm	Remain Active Willoughby		Pilates Wahroonga		Tai Chi Forestville	Tai Chi Wahroonga		Remain Active St Ives			Remain Active Wahroonga	Remain Active Narrabeen
12pm – 1pm		Remain Active Wahroonga					Resistance Class Pennant Hills					
1pm – 2pm	Dance Wahroonga				Tai Chi Waitara							
2pm – 3pm			Book Club & Afternoon Tea * Wahroonga		Games * Wahroonga	Knitting * Wahroonga						
3pm – 4pm			* First Tuesday of each month		* Bi-weekly	* Last Wednesday of the month						



activities *Calendar*

North Shore (Online)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
9am – 10am	Remain Active		Yoga	Remain Active	Tai Chi				
10am – 11am	Social Outings * * Fortnightly								
11am – 12pm									
12pm – 1pm									
1pm – 2pm									
2pm – 3pm									
3pm – 4pm	Meditation & Relaxation	Music Concerts * * Online fortnightly							