



activities *Calendar*

Northern Beaches

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