



activities *Calendar*

South West Sydney

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
9am – 10am	Remain Active Online		Yoga Online	Remain Active Online	Tai Chi Online		
10am – 11am	Walking With Confidence Campbelltown	Dance Class Casula		Walking Group Casula	Stepping On Casula		
11am – 12pm				Art Class Casula			
12pm – 1pm							
1pm – 2pm	Remain Active Casula					Remain Active Casula	
2pm – 3pm							
3pm – 4pm		Meditation & Relaxation Online					