

# Health & Wellness Activities *Calendar*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9 AM	Social Outings *	Feel Fit		Remain Active	Walking Group	Yoga, Stretch and Relaxation
10 AM			Yoga, Stretch and Relaxation	Art Morning Tea	Tai Chi	
11 AM		Remain Active	Pilates		Tai Chi	Remain Active
12 PM						
1 PM			Book Club Afternoon Tea *			
2 PM						
3 PM			Meditation and Relaxation		Trivia, Games and Quiz	Music Concert *
4 PM						

■ Within 1-2 hours of McQuoin Park    
 ■ Held at McQuoin Park Leisure & Wellness Club    
 ■ Online Activities

\* Occurs fortnightly, not weekly.