

activities *Calendar*

	Monday	Tuesday	Wednesday	Thursday	Friday
9 am		Remain Active	Feel Fit	Remain Active	Walking Group
10 am	Social Outings *			Yoga	Yoga
11 am		Remain Active		Art + Morning Tea	Tai Chi
12 pm		Remain Active	Pilates	Tai Chi	Remain Active
1 pm		Remain Active			
2 pm		Stepping on	Book Club + Afternoon Tea *		
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.

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10 am				
11 am			Remain Active	Remain Active
12 pm				Remain Active
1 pm				



Enquire now:
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Eastwood

Ku-ring-gai

North Turramurra

Forestville

St Ives