






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(ML) - Program for people with mild to moderate memory loss</p>			<p>1 Cheap & Cheerful Bus Outing - Brighton le Sands 10am-3.30pm</p> <p>YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p> <p>Shopping Trip 9am-1.30pm</p>	<p>2 Low Vision Friendship Group - Le Pain Quotidien, Surry Hills (French) 11am-2pm</p> <p>Friday Club (ML) - Club Lunch & Beach Tour 10am-3.30pm</p> <p>Shopping Trip 9am-1.30pm</p>	
<p>5 Discussion Group 12.15-2.45pm</p> <p>List Shopping 9am-12pm</p>	<p>6 Bus Outing - McKell Park & Brooklyn 10am-3.30pm</p>	<p>7 Bus Outing - McKell Park & Brooklyn 10am-3.30pm</p> <p>Wednesday Club (ML) - Sydney Maritime Museum 10am-3.30pm</p>	<p>8 Music Appreciation Club Yevgeniy Onegin Opera 1pm-3pm</p> <p>Shopping Trip 9am-1.30pm</p> <p>NO YOGA (School Holidays)</p>	<p>9 Friday Club (ML) - Bronte Beach & concert at St Andrew's Concert 10am-3.30pm</p> <p>Shopping Trip 9am-1.30pm</p>	<p>10 Saturday Fever (Night Program) Vive la France! Celebrate early Bastille Day at a charming French Restaurant \$60</p>
<p>12 Discussion Group 12.15-2.45pm</p> <p>List Shopping 9am-12pm</p>	<p>13 Bus Outing - Rozelle Tour - Sydney Collage of Art 10am-3.30pm</p>	<p>14 Bus Outing - Sydney Collage of Art & Rozelle Tour 10am-3.30pm</p> <p>Movie Matinee - Young Victoria (2009) 1pm - 3pm</p> <p>Wednesday Club (ML)- Beaches Tour & Club Lunch 10am-3.30pm</p>	<p>15 Cheap & Cheerful Bus Outing - Liverpool 10am-3.30pm</p> <p>Shopping Trip 9am-1.30pm</p> <p>NO YOGA (School Holidays)</p>	<p>16 Friday Club (ML) - Club Lunch & Music Video 10am-3.30pm</p> <p>Shopping Trip 9am-1.30pm</p>	<p>17</p>
<p>19 Discussion Group 12.15-2.45pm</p> <p>List Shopping 9am-12pm</p>	<p>20 Bus Outing - Burnt Orange cafe - Mosman 10am-3.30pm</p>	<p>21 Bus Outing - Burnt Orange cafe - Mosman 10am-3.30pm</p> <p>Wednesday Club (ML) - Bondi Pavilion Concert 10am-3.30pm</p>	<p>22 Music Appreciation Club Broadway Special 1pm-3pm</p> <p>Shopping Trip 9am-1.30pm</p> <p>YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	<p>23 Friday Club (ML) - Bondi Beach & Table Games 10am-3.30pm</p> <p>Shopping Trip 9am-1.30pm</p>	<p>24</p>
<p>26 Discussion Group 12.15-2.45pm</p> <p>List Shopping 9am-12pm</p>	<p>27 Bus Outing - Powerhouse Museum - Ultimo 10am-3.30pm</p>	<p>28 Bus Outing - Powerhouse Museum - Ultimo 10am-3.30pm</p> <p>Movie Matinee - The Lady from Shanghai (1947) 1pm - 3pm</p> <p>Wednesday Club (ML) - Club Lunch & Gentle Exercises 10am-3.30pm</p>	<p>29 Shopping Trip 9am-1.30pm</p> <p>YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	<p>30 Discovery Tour (9am-5pm) Casablanca Themed Christmas in July at Berowra Waters \$55</p> <p>Friday Club - Northern Beaches Tour 10am-3.30pm</p> <p>Shopping Trip 9am-1.30pm</p>	<p>31</p>

August

Programs for Seniors

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 Discussion Group 12.15-2.45pm List Shopping 9am-12pm</p>	<p>3 Bus Outing - Hazlehurst Art Gallery & Garden 10pm-3.30pm</p>	<p>4 Bus Outing - Hazlehurst Art Gallery & Garden 10am-3.30pm Wednesday Club (ML) - NSW Art Gallery 10am-3.30pm</p>	<p>5 Cheap & Cheerful Bus Outing Sans Souci Beach 10am-3.30pm Shopping Trip 9am-1.30pm YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	<p>6 Low Vision Friendship Group - Zigolini's on Queen 11am-2pm Friday Club (ML) - Maritime Museum 10am-3.30pm Shopping Trip 9am-1.30pm</p>	<p>7 </p>
<p>9 Discussion Group 12.15-2.45pm List Shopping 9am-12pm</p>	<p>10 Bus Outing - Camellia Gardens 10am-3.30pm</p>	<p>11 Bus Outing - Camellia Gardens 10am-3.30pm Movie Matinee - From Here To Eternity (1953) 1pm - 3pm Wednesday Club (ML) - Club lunch & Andre Rieu DVD 10am-3.30pm</p>	<p>12 Music Appreciation Club Pavarotti at Royal Albert Hall 1pm-3pm Shopping Trip 9am-1.30pm YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	<p>13 Friday Club (ML) - Club Lunch & Andre Rieu DVD 10am-3.30pm Shopping Trip 9am-1.30pm</p>	<p>14 Saturday Fever (Night Program) Chico Jaime's Portuguese Evening at Angelo's of Kensington \$60</p>
<p>16 Discussion Group 12.15-2.45pm List Shopping 9am-12pm</p>	<p>17 Bus Outing - Putney Park - Ryde 10am-3.30pm</p>	<p>18 Bus Outing - Putney Park - Ryde 10am-3.30pm Wednesday Club (ML) - Bondi Pavilion Concert 10am-3.30pm</p>	<p>19 Cheap & Cheerful Bus Outing St Marys Band Club 10am-3.30pm Shopping Trip 9am-1.30pm YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	<p>20 Friday Club (ML) - Coogee Beach & Bingo 10am-3.30pm Shopping Trip 9am-1.30pm</p>	<p>21</p>
<p>23 Discussion Group 12.15-2.45pm List Shopping 9am-12pm</p>	<p>24 Bus Outing - Great Synagogue 10am-3.30pm</p>	<p>25 Bus Outing - Great Synagogue 10am-3.30pm Movie Matinee - The Awful Truth (1937) 1pm - 3pm Wednesday Club (ML) - Northern Beaches Tour 10am-3.30pm</p>	<p>26 Music Appreciation Club Phantom of the Opera 1pm-3.30pm Shopping Trip 9am-1.30pm YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	<p>27 Friday Club (ML) - Club Lunch 10am-3.30pm Shopping Trip 9am-1.30pm Discovery Tour (9am-5pm) Bowral Bubbles & Tea at Centennial Vineyards</p>	<p>28</p>
<p>30 Discussion Group 12.15-2.45pm List Shopping 9am-12pm</p>	<p>31 Bus Outing - Caterson Reserve - Castle Hill 10am-3.30pm</p>	<p></p>	<p></p>	<p></p>	<p>(ML) - Program for people with mild to moderate memory loss</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(ML) - Program for people with mild to moderate memory loss</p>		<p>1 Bus Outing - Caterson Reserve Castle Hill 10am-3.30pm</p> <p>Wednesday Club (ML) - Coogee Beach & Bingo 10am-3.30pm</p>	<p>2 Cheap & Cheerful Bus Outing Sea Cliff Bridge 10am - 3.30pm</p> <p>Shopping Trip 9am-1.30pm</p> <p>YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	<p>3 Low Vision Friendship Group - Bondi Trattoria 11am-2pm</p> <p>Shopping Trip 9am-1.30pm</p> <p>Friday Club (ML) - Art Gallery & Picnic 10am-3.30pm</p>	
<p>6 Discussion Group 12.15-2.45pm</p> <p>List Shopping 9am-12pm</p>	<p>7 Bus Outing - David Jones Flower Show 10am-3.30pm</p>	<p>8 Bus Outing - David Jones Flower Show 10am-3.30pm</p> <p>Movie Matinee - Band Of Angels (1957) 1pm - 3pm</p> <p>Wednesday Club (ML) - Club Lunch & Gentle Exercises 10am-3.30pm</p>	<p>9 Music Appreciation Club Don Quixote Ballet 1pm-3pm at Holdsworth</p> <p>Shopping Trip 9am-1.30pm</p> <p>YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	<p>10 Shopping Trip 9am-1.30pm</p> <p>Friday Club (ML) - Club Lunch/Art & Crafts 10am-3.30pm</p>	<p>11 Saturday Fever (Night Program) Gazebo Winery Restaurant at Elizabeth Bay \$60</p>
<p>13 Discussion Group 12.15-2.45pm</p> <p>List Shopping 9am-12pm</p>	<p>14 Bus Outing - Cattai National Park 10am-3.30pm</p>	<p>15 Bus Outing - Cattai National Park 10am-3.30pm</p> <p>Wednesday Club (ML) - Bondi Pavilion Concert 10am-3.30pm</p>	<p>16 Cheap & Cheerful Bus Outing Audley Weir & Wollongong Bowling Club 10am - 3.30pm</p> <p>Shopping Trip 9am-1.30pm</p> <p>YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	<p>17 Shopping Trip 9am-1.30pm</p> <p>Friday Club (ML) - Centennial Park & Mama Mia Movie 10am-3.30pm</p>	<p>18</p>
<p>20 Discussion Group 12.15-2.45pm</p> <p>List Shopping 9am-12pm</p>	<p>21 Bus Outing - Calmsley Hill City Farm 10am-3.30pm</p>	<p>22 Bus Outing - Calmsley Hill City Farm 10am-3.30pm</p> <p>Movie Matinee - Cabaret (1972) RED CARPET EVENT! 1pm - 3pm</p> <p>Wednesday Club (ML) - Red Carpet Event "Cabaret" 10am-3.30pm</p>	<p>23 Music Appreciation Club BYO Session with Val 1pm-3pm</p> <p>Shopping Trip 9am-1.30pm</p> <p>YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	<p>24 Discovery Tour (9am-5pm) Leura Luxury Lunch & Private Gardens Tour \$55</p> <p>Friday Club (ML) - Balmoral Beach & Club Lunch 10am-3.30pm</p>	<p>25</p>
<p>27 Discussion Group 12.15-2.45pm</p> <p>List Shopping 9am-12pm</p>	<p>28 Bus Outing - BBQ at Homebush 10am-3.30pm</p>	<p>29 Bus Outing - BBQ at Homebush 10am-3.30pm</p> <p>Wednesday Club (ML) - Royal National Park & Tram Ride 10am-3.30pm</p>	<p>30 Shopping Trip 9am-1.30pm</p> <p>YOGA (Exercise Program) 2pm - 3pm at Holdsworth</p>	