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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| **12/02** | **13/02** | **14/02** | **15/02** | **16/02** | **17/02** | **18/02** |
| ANd9GcQgShwpYIgaN2rO4etvAx1U4zT0j9OTCP1zbDF9TbFntDqglC27**10.30am****Coffee and Chat in the Lifestyle Centre. All new residents welcome.**Image result for phantom thread**10:30am****Movie at New Acton - Phantom Thread. As this movie runs over lunch you can take or buy something to eat at the venue. If attending, please put your name on the list by Friday 9th February.**Image result for animated weight lifting**11:45am – 12:30pm****Weights & Resistance**Image result for Tai Chi Clip Art**1:30pm – 2:15pm****Tai Chi (Best Balance)****3.00pm****Come along and join in a social game of Mahjong. Beginners welcome.** | **7:00am****Fast Walk**Image result for animated mens breakfast group**8:30am****Meet outside The District.****No booking required just turn up.****ExerciseClass****10.00am** **Exercise class with Ryan****$10 a class. Everyone welcome.**Image result for animated bus**11:00am****Cruise information session from Reis & James Travel Associates at the Ainslie Goodwin site. Lunch at the Goodwin café.****3:00pm** **Come and enjoy a casual game of RUMMIKUB.** **Beginners welcome.**  | Image result for animated weight lifting**9:00am – 9:45am****Weights & Resistance**http://tse1.mm.bing.net/th?&id=OIP.M23e3c82847809a1a6a823331ef195391o0&w=264&h=224&c=0&pid=1.9&rs=0&p=0&r=0**10:00am – 10:45am****Yoga (Strength and Stretch)**https://tse1.mm.bing.net/th?&id=OIP.Mb472eaf2dfa4c34d93a41e6879f6df55o0&w=227&h=154&c=0&pid=1.9&rs=0&p=0&r=0**9:00am - 3:00pm****Zoiya’s Beauty Clinic@ Goodwin. Please call Zoiya from the intercom outside** **Building B for access to unit 121.** **Bookings to be made at Reception.** **2:00pm****Sjoole (Shuffleboard) in the Activities Room. There will be lessons for any beginners.** **3:00pm****Bridge sessions. Players of all levels welcome. Lessons available.**  | Image result for the walking clinic lyneham act**9:30am****Men’s Shed Meeting in the Lifestyle Centre.**Image result for animated golf putting**10:00am – 11:00am****Golf putting in the Activities Room.****N.B This outing is for My Aged Care – Social outing approved members only.****10:00am****Goodwin Community Social Outing. Trip to the National Sound & Archive and lunch** **If attending, please put your name on the list.****3:00pm****Come and enjoy a casual game of DOMINOES.****Beginners welcome.** | Image result for animated weight lifting**9:00am – 9:45am****Weights & Resistance**http://tse1.mm.bing.net/th?&id=OIP.M23e3c82847809a1a6a823331ef195391o0&w=264&h=224&c=0&pid=1.9&rs=0&p=0&r=0**10:00am – 10:45am****Yoga (Strength and Stretch)**Image result for animated bus**10:30am****Scenic drive to Boorowa and lunch at the Ex Services & Citizens Club. If attending, please put your name on the list.****Bridge Lessons****3.00pm** **Mahjong.**  **Stay on and enjoy Happy Hour at 5:00pm.****4.00pm****Table Tennis. We have a couple of enthusiastic players who would love a few extras to join in this fun game.****5.00pm.****Happy Hour** **BYO nibbles and drinks. All residents welcome.**  | ANd9GcQgShwpYIgaN2rO4etvAx1U4zT0j9OTCP1zbDF9TbFntDqglC27**10.30am** **Saturday Morning Coffee and Chat in the Lifestyle Centre. All new residents welcome.**Image result for craft logo**2.00pm** **Crafty Fingers. Why not bring your talents and have a chat in the Dining Room.** **170599645****3.00pm** **Come along and join in a social game of Mahjong. Beginners welome.** | https://tse1.mm.bing.net/th?&id=OIP.uCKMY7sUNDNwBW5hJptzYwEsCc&w=300&h=156&c=0&pid=1.9&rs=0&p=0&r=0**11:00am** **Finska in the Activities room or on the new croquet lawn. Everyone welcome.****C:\Users\lkerr\Pictures\croquet greens.jpg****1.30pm****Croquet on the new lawn. Everyone welcome.** Image result for animated people playing tennis**3:00pm****“Hit & Giggle Tennis”.** |