

Caringbah February Branch Program

Contact the office for more information or to book a place 9525 6806

Friday	1 st	Office Open - no activities
Saturday	2 nd	
Sunday	3 rd	
Monday	4 th	Men's Group 10.30-12n - cost - \$2 Chair Exercise 12n-2pm -includes lunch - cost \$10
Tuesday	5 th	Southgate - Lunch and shopping - transport \$12 Pick up from 10am
Wednesday	6 th	Birthday Party - \$10 lunch, \$12 transport - No charge for the Birthday clients - 11am-1.30pm
Thursday	7 th	Games and Craft - 1pm-3pm - \$4 - Cuppa and afternoon tea
Friday	8 th	Office Open - no activities
Saturday	9 th	
Sunday	10 th	
Monday	11 th	Men's Group 10.30-12n - \$2 Chair Exercise 12n-2pm includes lunch - cost \$10
Tuesday	12 th	Morning tea at Gynea Tradies - pick up from 10am Transport \$12
Wednesday	13 th	Guest Speaker - Pauline Curby - local author and historian includes morning tea and lunch COST - \$10 11am-1.30pm
Thursday	14 th	Games and Craft - 1pm-3pm - \$4 - Cuppa and afternoon tea
Friday	15 th	Office Open - no activities
Saturday	16 th	
Sunday	17 th	
Monday	18 th	Men's Group 10.30-12n - cost - \$2 Chair Exercise 12n-2pm -includes lunch - cost \$10
Tuesday	19 th	Southgate - Lunch and shopping - transport \$12 Pick up from 10am
Wednesday	20 th	Entertainment - Celtic Connection COST - \$10 11am-1.30pm
Thursday	21 st	Games and Craft - 1pm-3pm - \$4 - cuppa and afternoon tea
Friday	22 nd	Office open - no activities
Saturday	23 rd	
Sunday	24 th	
Monday	25 th	Men's Group 10.30-12n - \$2 Chair Exercise 12n-2pm includes lunch - cost \$10
Tuesday	26 th	Lunch Outing to Georges River Sailing Club - pick up from 11am Transport \$12
Wednesday	27 th	Bingo and Chocs - 11am-1.30pm - \$10 includes lunch
Thursday	28 th	Movie and Popcorn - 1pm-3pm - \$4

Caringbah March Branch Program

Contact the office for more information or to book a place 9525 6806

Friday	1 st	Office Open - no activities
Saturday	2 nd	
Sunday	3 rd	
Monday	4 th	Men's Group 10.30-12n - cost - \$2 Chair Exercise 12n-2pm -includes lunch - cost \$10
Tuesday	5 th	Southgate - Lunch and shopping - transport \$12 Pick up from 10am
Wednesday	6 th	Birthday Party - \$10 lunch, \$12 transport - free for bday clients - 11am-1.30pm
Thursday	7 th	Games and Craft - 1pm-3pm - \$4 - Cuppa and afternoon tea
Friday	8 th	Office Open - no activities
Saturday	9 th	
Sunday	10 th	
Monday	11 th	Men's Group 10.30-12n - \$2 Chair Exercise 12n-2pm includes lunch - cost \$10
Tuesday	12 th	Morning tea at Hazelhurst Art Gallery - pick up from 10am Transport \$12
Wednesday	13 th	Guest Speaker - Department of Fisheries COST - \$10 11am-1.30pm
Thursday	14 th	Games and Craft - 1pm-3pm - \$4 - Cuppa and afternoon tea
Friday	15 th	Office Open - no activities
Saturday	16 th	
Sunday	17 th	
Monday	18 th	Men's Group 10.30-12n - cost - \$2 Chair Exercise 12n-2pm -includes lunch - cost \$10
Tuesday	19 th	Southgate - Lunch and shopping - transport \$12 Pick up from 10am
Wednesday	20 th	Entertainment - Sing Australia COST - \$10 11am-1.30pm
Thursday	21 st	Games and Craft - 1pm-3pm - \$4 - cuppa and afternoon tea
Friday	22 nd	Office open - no activities
Saturday	23 rd	
Sunday	24 th	
Monday	25 th	Men's Group 10.30-12n - \$2 Chair Exercise 12n-2pm includes lunch - cost \$10
Tuesday	26 th	Lunch Outing to Gynea Hotel - pick up from 11am Transport \$12
Wednesday	27 th	Bingo and Chocs - 11am-1.30pm - \$10 includes lunch
Thursday	28 th	Movie and Popcorn - 1pm-3pm - \$4