

LIFE ACTIVITIES CLUB – WAVERLEY – 3 MONTHS' CALENDAR

AUGUST 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 July	31 July Exercises	1 Table Tennis Eatout	2 Armchair Travel	3 Cycling Keep Fit Class	4 Golf (both groups) Friday Cruisers Patchwork Plus	5
6 MYKI Trip to Chadstone /Southland	7 Book Group Exercises Craft	8 Table Tennis Films	9 Wednesday walkers	10 Cycling Mahjong Keep fit Class	11 Golf (both groups) Coffee, Cake & C Friday Cruisers	12
13	14 Exercises Daytime Rummikub	15 Table Tennis International Luncheon General Meeting & AGM	16 Cards Solo	17 Cycling Keep fit Class	18 Golf (both groups) Happy Hour Friday Cruisers	19
20 Walking	21 Exercises Music Listening 2 Patchwork & Stitches	22 Table Tennis Cards 500	23 20 th Century Cinema Wednesday walkers	24 Cycling Keep fit Class Mahjong	25 Golf (both groups) Friday Cruisers	26
27	28 Exercises Daytime Rummikub	29 Table Tennis	30	31 Cycling Keep fit Class	1 September Golf (both groups) Friday Cruisers Patchwork Plus	2 September

SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 MYKI to Vasili's Garden	4 Music Listening 1 Craft Book Group Exercises	5 Table Tennis Eatout	6 Armchair Travel Wednesday walkers	7 Cycling Keep fit Class	8 Golf (both groups) Friday Cruisers Coffee, Cake and Chat	9
10	11 Exercises Daytime Rummikub	12 Table Tennis	13 Tramboat trip	14 Cycling Keep fit Class Mahjong	15 Golf (both groups) Friday Cruisers Happy Hour	16
17 Walking	18 Music Listening 2 Exercises Patchwork & Stitches	19 Table Tennis	20 Wednesday walkers Cards Solo	21 Cycling Keep fit Class	22 Golf (both groups) Friday Cruisers	23
24	25 Daytime Rummikub Exercises	26 Table Tennis Cards 500	27 20 th Century Cinema	28 Cycling Keep fit Class Mahjong	29 Golf (both groups) Friday Cruisers	30

OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MYKI Trip to Rhododrendon Gardens	2 Book Group Craft Exercises Music Listening 1	3 Eatout Table Tennis	4 Armchair Travel Wednesday walkers	5 Cycling Keep fit Class	6 Golf (both groups) Submissions to newsletter close Patchwork Plus Friday Cruisers	7
8	9 Daytime Rummikub Exercises	10 Table Tennis Films	11	12 Cycling Keep fit Class Mahjong	13 Golf (both groups) Coffee, Cake & Chat Friday Cruisers	14
15 Walking	16 Patchwork & Stitches Exercises	17 Table Tennis Committee meeting	18 Cards Solo Wednesday walkers	19 Cycling Keep fit Class	20 Golf (both groups) Happy Hour Friday Cruisers	21
22	23 Daytime Rummikub Exercises	24 Cards 500 Table Tennis	25 20 th Century Cinema	26 Cycling Keep fit Class Mahjong	27 Golf (both groups) Friday Cruisers	28

NOVEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 October	30 October Exercises Music Listening 1	31 October Table Tennis	1 Armchair Travel Wednesday walkers	2 Cycling Keep fit Class	3 Golf (both groups)	4

This is only a guide, so please check the information in the newsletter.
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