

LIFE ACTIVITIES CLUB – WAVERLEY – 3 MONTHS' CALENDAR

AUGUST 2018

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

SEPTEMBER 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|---|---|--|--|---|----------|
| 2 MYKI Trip to Hurstbridge | 3 Music 1 Craft Exercises Book Group | 4 Table Tennis Eatout | 5 Armchair Travel | 6 Cycling Keep Fit Class | 7 Golf (both groups) Friday Cruisers Handicrafts & Chat | 8 |
| 9 | 10 Exercises Daytime Rummikub | 11 Table Tennis Films | 12 Wednesday walkers | 13 Cycling Keep Fit Class Mahjong | 14 Golf (both groups) Friday Cruisers Coffee, Cake and C | 15 |
| 16 Walking (Shepherds Bush) | 17 Music Listening 2 Exercises Patchwork and Stitches | 18 Table Tennis International Lunch | 19 | 20 Mahjong Cycling Keep Fit Class | 21 Golf (both groups) Friday Cruisers Happy Hour | 22 |
| 23 | 24 Exercises Daytime Rummikub | 25 Table Tennis Cards 500 | 26 20 th Century Cinema Wednesday walkers | 27 Cycling Keep Fit Class Mahjong | 28 Golf (both groups) Friday Cruisers | 29 |

OCTOBER 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|---|---|--|--|---|----------|
| 30 September | 1 Music 1 Craft Book Group Exercises | 2 Table Tennis Eatout | 3 Armchair Travel | 4 Cycling Keep Fit Class | 5 Golf (both groups) Friday Cruisers Submissions for newsletter close | 6 |
| 7 MYKI trip to Warburton | 8 Exercises Daytime Rummikub | 9 Table Tennis Films | 10 Wednesday walkers | 11 Cycling Keep Fit Class Mahjong | 12 Golf (both groups) Coffee, Cake and C | 13 |
| 14 | 15 Music Listening 2 Exercises Patchwork and Stitches | 16 Table Tennis International luncheon Committee meeting | 17 | 18 Cycling Keep Fit Class | 19 Golf (both groups) Friday Cruisers Happy Hour | 20 |
| 21 Walking (Gardiners Creek) | 22 Exercises Daytime Rummikub | 23 Table Tennis Cards 500 | 24 20 th Century Cinema Wednesday walkers | 25 Cycling Keep Fit Class Mahjong | 26 Golf (both groups) Friday Cruisers | 27 |

NOVEMBER 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|----------------------------------|----------------------------|------------|--------------------------------|--|----------|
| 28 October | 29 October Exercises Craft | 30 October Table Tennis | 31 October | 1 Cycling Keep Fit Class | 2 Golf (both groups) Friday Cruisers | 3 |

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

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