



Senior Activities What's On 2021

Bookings are essential
Contact Emily on 3510 2752 or
emilya@communify.org.au

COMMUNIFY SENIOR ACTIVITIES

MON	TUE	WED	THU	FRI
Virtual Gentle Exercise Zoom 10am - 10:45am	"The Workshop" Paddington Centre 2pm - 3:30pm	Wednesday On th Green Transport included Aqua Yoga Ithaca Pool 10.30am start	Out & About Bus Trip 9am - 2pm Transport included	Friday Fun-Day Bus Trip 9am - 1:30pm Paddington Centre
Music Group Jubilee Hall 2pm - 4pm		Monthly Sip & Paint Evening Activity	Virtual Tai Chi Zoom 10am - 10:45am	

