

Activity Calendar October 2018

81 Forrest St, Cnr Railway Street, Cottesloe
Telephone: 08 9253 5555
Email: reception@shinecs.com.au
Book online: www.shinecs.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 All Day Social Centre and Leisure Bus Outing – Blue Water Grill, Applecross 1:30pm Art Class	2 am Shopper Bus, Cottesloe 9:30am Exercise Class 1:00pm Canasta pm Shopper Bus, Claremont	3 All Day Social Centre Outing –Camfield Bar, Burswood 9.40am-1:00pm Podiatry Half Day Chess & Scrabble	4 All Day Social Centre Outing –Three Sheets, Hillarys am Shopper Bus, Mosman Park 9:45am Exercise Class	5 am Shopper Bus, Floreat All Day Social Centre In 9:30am Chair Exercises	6	7
8 All Day 1:30pm Social Centre In Art Class	9 am Shopper Bus, Cottesloe 9:30am Exercise Class 1:00pm Canasta pm Shopper Bus, Claremont	10 All Day 9.40am-1:00pm Social Centre In Podiatry Half Day Chess & Scrabble	11 am Shopper Bus, Mosman Park All Day 9:45am Social Centre In Exercise Class	12 All Day 9:30am Social Centre & Leisure Bus Outing – Zamia's, Kings Park Chair Exercises	13	14
15 All Day 1:30pm Social Centre In Art Class All Day Leisure Bus Outing – Vic Park Hotel, Victoria Park	16 am Shopper Bus, Cottesloe 9:30am Exercise Class noon Monthly Luncheon-Historian 1:00pm Canasta pm Shopper Bus, Claremont	17 All Day 9.40am-1:00pm Social Centre In Podiatry Half Day Chess & Scrabble	18 am Shopper Bus, Mosman Park All Day 9:45am Social Centre In Exercise Class	19 am Shopper Bus, Floreat All Day 9:30am Social Centre In Chair Exercises	20	21
22 All Day In 1:30pm Social Centre Art Class	23 am Shopper Bus, Cottesloe 9:30am Exercise Class 1:00pm Canasta pm Shopper Bus, Claremont	24 All Day 9.40am-1:00pm Social Centre In Podiatry Half Day Chess & Scrabble	25 am Shopper Bus, Mosman Park All Day 9:45am Social Centre In Exercise Class	26 All Day 9:30am Social Centre In Chair Exercises All Day Leisure Bus Outing- Cicerello's, Fremantle	27 All Day Mystery Outing	28
29 All Day 1:30pm Social Centre Outing –Cygnet Cinemas, Como All Day Art Class All Day Leisure Bus Outing – Zanthorrea Nursery & Boab Tavern, High Wycombe	30 am Shopper Bus, Cottesloe 9:30am Exercise Class 1:00pm Canasta pm Shopper Bus, Claremont	31 All Day 9.40am-1:00pm Social Centre Outing –Sweet Teas Seniors Concert 2.00pm Podiatry Half Day Chess & Scrabble SHINE AGM				

Remove this calendar and use it as a reference guide for the month. Perhaps put it on your fridge and highlight the activities you're attending.

Please don't forget to book in advance where required.

* Note outings subject to change. Minimum number required for Leisure Bus Outings. Can be cancelled with a minimum of 48 hours' notice.