

## Activity Calendar August 2019

81 Forrest St, Cnr Railway Street, Cottesloe  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 am Shopper Bus, Mosman Park All Day SHINE Social Outing- Aged Care Games, Belmont 9:45am Exercise Class	2 All Day 9:30am Social Centre In Chair Exercises	3	4
5 All Day 1:30pm Social Centre In Art Class	6 am Shopper Bus, Cottesloe am 9:30am SHINE Movie Club 1:00pm Exercise Class pm Canasta Shopper Bus, Claremont	7 All Day 9:30am Social Centre In Chair Exercises 9:40am- Podiatry Half Day	8 am Shopper Bus, Mosman Park All Day 9:45am Social Centre In Exercise Class	9 am Shopper Bus, Floreat All Day SHINE Social Outing- Morning Melodies, Kwinana 9:30am Chair Exercises	10	11
12 All Day SHINE Social Outing- Coast, Port Beach 1:30pm Art Class	13 am Shopper Bus, Cottesloe 9:30am Exercise Class All Day SHINE Social Outing-Beauty & the Beast Play 1:00pm Canasta pm Shopper Bus, Claremont	14 All Day 9:30am Social Centre In Chair Exercises 9:40am- Podiatry Half Day	15 am Shopper Bus, Mosman Park All Day 9:45am Social Centre In Exercise Class	16 All Day 9:30am Social Centre In Chair Exercises	17 All Day Mystery Outing	18
19 All Day 1:30pm Social Centre In Art Class	20 am Shopper Bus, Cottesloe noon Monthly Luncheon- Mike Tarca 9:30am Exercise Class 1:00pm Canasta pm Shopper Bus, Claremont	21 All Day SHINE Social Outing- Mia Cucina, Hillarys 9:30am Chair Exercises 9:40am- Podiatry Half Day	22 am Shopper Bus, Mosman Park All Day 9:45am Social Centre In Exercise Class	23 am Shopper Bus, Floreat All Day 9:30am Social Centre In Chair Exercises	24	25
26 All Day SHINE Social Outing- King Road Brewing Co, Oldbury 1:30pm Art Class	27 am Shopper Bus, Cottesloe 9:30am Exercise Class 1:00pm Canasta pm Shopper Bus, Claremont	28 All Day 9:30am Social Centre In Chair Exercises 9:40am- Podiatry Half Day	29 am Shopper Bus, Mosman Park All Day 9:45am Social Centre In Exercise Class	30 All Day 9:30am Social Centre In Chair Exercises	31	

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. Outings may be cancelled with a minimum of 48 hours' notice.