

Social Activities Club program hours: 10.00am – 2.00pm Monday, Tuesday and Wednesday.
: 11.00am – 3.00pm on Friday

Social Activities Club February 2024

FEBRUARY 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
29 Muswellbrook Golf Club 10.30am - Chair Yoga 12.30pm – Social Pool Games and Card games including Hoy	30 Senior Citizens Centre 10.30am – Bingo 12.30pm – Assorted craft activities and card games	31 Senior Citizens Centre 10.30am – Craft 12.30pm - Music and Movement	01	02 Senior Citizens Centre 11.00am – Movie “Australia” - 12.30pm – Intermission for lunch 1.00pm – second half of movie followed by afternoon tea.
05 Muswellbrook Golf Club 10.30am - Chair Yoga 12.30pm – Social Pool Games and Card games including Hoy.	06 10.30am - Morning tea with Social and Current Affairs Chat 11.00am – Bus trip for lunch in the park 1.00pm - Bingo	07 Senior Citizens Centre 10.30am - Fitness for Seniors 12.30pm – Music and Movement	08	09 Senior Citizens Centre 11.00am – Movie “Red Dog” 12.30pm – Intermission for lunch 1.00pm – second half of movie followed by afternoon tea.
12 Muswellbrook Golf Club 10.30am - Chair Yoga 12.30pm – Social Pool Games and Card games including Hoy.	13 Senior Citizens Centre 10.30am – Bingo 12.30pm – Card making and Euchre Card games.	14 Senior Citizens Centre 10.30am - Fitness for Seniors 12.30pm – Music and Movement	15	16 Senior Citizens Centre 11.00am – Movie “Penguin Bloom” 12.30pm – Intermission for lunch 1.00pm - second half of movie followed by afternoon tea.
19 Muswellbrook Golf Club 10.30am - Chair Yoga 12.30pm – Social Pool Games and Card games.	20 Denman and District Heritage Village trip. 10.00am – Depart Muswellbrook Incl. morning tea and lunch in park	21 Senior Citizens Centre 10.30am - Fitness for Seniors 12.30pm – Music and Movement	22	23 Senior Citizens Centre 11.00am – Movie “The King and I” 12.30pm – Intermission for lunch 1.00pm – second half of movie followed by afternoon tea.
26 Muswellbrook Golf Club 10.30am - Chair Yoga 12.30pm – Social Pool Games and Card games including Hoy.	27 Senior Citizens Centre 10.30am – Bingo 12.30pm – Water colour painting and Euchre Card games	28 Senior Citizens Centre 10.30am - Fitness for Seniors 12.30pm – Music and Movement	29	01 Senior Citizens Centre 11.00am – Movie TBC 12.30pm – Intermission for lunch 1.00pm – second half of movie

Daily fee applies - \$6.00 per day. Morning tea is provided. Please provide your own lunch.

Bookings are essential. Please call Kate on **0477 505 752** for the Social Activities Program or email kate@transcare.org.au