

















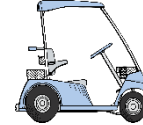













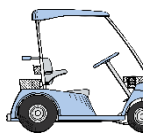




# August ACTIVITY PROGRAM ... Mountainview

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>COVID SAFE PRACTICES ARE IN PLACE FOR EVENTS IN ROTARY HALL</p> <p>PLEASE BOOK THROUGH YOUR ACTIVITIES OFFICER.</p> <p>SEATS ARE LIMITED.</p>						
				<p><b>1</b> 10am Men's shed 10.30am Bingo</p>  <p>1.00pm Bus outing</p>	<p><b>2</b> 10.15am Church</p>  <p>1.30pm Chair exercises</p>	<b>3</b>
<b>4</b>	<p><b>5</b> 10.30am Cooking fun </p> <p>1.30pm Gym exercise group</p> 	<p><b>6</b> 10.30am Friend's café </p> <p>1.00pm Winston visit</p> 	<p><b>7</b> 10.30am Chair yoga</p> <p>1.30pm Buggy rides</p> 	<p><b>8</b> 10.30am Trevor Owen Duo</p>  <p>1.30 Gentle hand massages</p>	<p><b>9</b> 10.15am Church 10.30am Bingo </p> <p>1.30pm Chair exercises</p>	<b>10</b>
<b>11</b>	<p><b>12</b> 10.30am Reminiscing</p>  <p>1.30pm Gym exercise group</p>	<p><b>13</b> 10.30 </p> <p>1.30pm Heartbeat </p>	<p><b>14</b> 10am Catholic Church </p> <p>10.30am Chair yoga</p> <p>1.30pm Buggy rides</p> 	<p><b>15</b> 10am Men's Shed 10.30am Dancing in RH</p> <p>1.30pm Room visits </p>	<p><b>16</b> 10.15am Church</p> <p>1.30pm Happy hour</p> 	<b>17</b>
<b>18</b>	<p><b>19</b> 10.30am Tropical Squeeze </p> <p>1.30pm Gym exercise group</p>	<p><b>20</b> 10.30am </p> <p>1.30pm Winston visit</p> 	<p><b>21</b> 9am LLO meeting 10.30am Chair yoga</p> <p>1.30pm Buggy rides</p> 	<p><b>22</b> 10.30am Trevor Owen Duo</p>  <p>1.30pm River walks</p>	<p><b>23</b> 10.30am Daffodil day art &amp; craft </p> <p>1.30pm Chair exercises</p>	<b>24</b>
<b>25</b>	<p><b>26</b> 10.30am </p> <p>1.30pm Gym exercise group</p> 	<p><b>27</b> 10.30am Bake &amp; Shake </p> <p>1.30pm Treasure hunt walks </p>	<p><b>28</b> 10.30am Ukulele strummers </p> <p>1.30pm Buggy rides</p> 	<p><b>29</b> 10am Men's Shed 10.30am Pampering</p> <p>1.30pm </p>	<p><b>30</b> 10.15am Church</p> <p>1.30pm Chair exercises</p> 	<b>31</b>