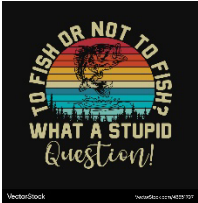


AUGUST 2026 LEISURE ROOM PROGRAM

Program subject to change at minimal notification

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Low impact seniors' movement to music Followed by morning Tea in the park 	4  Vietnam Independence Day Cooking activity & Lunch	5 Shopping Castletown Option of lunch out (additional Cost)	6 Australia V American words Lunch Mini Pies & Mini Hot dogs 	7 Beer Day Everything you didn't need to know about BEER Beer battered Fish for lunch
10 Low impact seniors' movement to music Followed by morning Tea in the park 	11 Discovery new parts of Townsville on a morning drive, coffee stop for morning Tea (additional Cost) Lunch at the centre	12 BALGAL Beach Park Picnic Day 	13 Positive Thinking Day Morning Tea buggy ride to Alpines Wear Sculptures (Bookings essential) Lunch at the centre	14 Cloakys (Bookings essential additional Cost) Extended day
17 COLD PLUNGE Daffodil Day DIP  ROCK POOL Must wear yellow Take an icy dip for people affected by cancer	18 Seniors' week Morning Tea to Queens Park Lunch at the centre	19 Shopping Grocery's & Domain Retail Option of lunch out (additional Cost)	20 Trevor Owen Daffodil Day  Lunch in the centre	21 Seniors' week Luncheon (Free, booking essential) THEME IS HOLLYWOOD Murry Sports Stadium
24 Low impact seniors' movement to music Followed by morning Tea in the park 	25 Day Trip to Ayr Butterfly shop & Lunch in Ayr for Group A (additional Cost) Group B, BBQ at the centre 	26 Dog day Puppy Play in the Centre Making Doggy Biscuits HOOOMAN Lunch in the centre 	27 Morning Tea then Dump shop outing Lunch at the centre	28 Ask a stupid question day Fishing day With Fish and Chips 
31 Low impact seniors' movement to music Followed by morning Tea in the park 		NO AUGUST BIRTHDAYS	COMING UP IN SEPTEMBER: 1 st – Classical Music Day 3 rd – National Flag Day 6 th – Father's Day 10 th - RU OK Day 19 th – Talk Like A Pirate Day 29 th – Coffee Day 30 th World Maritime Day	