

July Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM		Circuits	Circuits	Circuits	Circuits	
10:00 AM	Stretch & Core	Stretch & Core	Strong to the Core	Tai Chi	Stretch & Core	
11:30 AM	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	Stretch & Core
1:00 PM	Aquablast	Strength & Balance	Aquablast	Strength & Balance	Aquablast	
2:00 PM	Stride It Out	Renew & Recover Brain Gym	Chair Champions		F.A.B	
2:30 PM			Osteo Aqua			
5:15 PM				Circuits		

Gym Operating Hours
Mon - Fri. 6.30am - 7pm
Sat. 8am - 4pm
Sundays and Public Holidays - Closed

Natter Cafe Hours
Mon - Fri. 7.30am - 4pm
Saturday and Sunday - Closed



Events and Updates

Drawing Class: *Thursday, 2 July at 3pm*

Location: Natter Cafe, Arvida Good Friends

Join Vicki for a drawing class. \$5 cash per person. Bring in your practice drawings from home for advice if you'd like. This could be colour, watercolour, black and white etc. Limited numbers, so book online or at reception

Next Step Living: *Thursday, 9 July at 1:30pm*

Location: Upstairs Classroom, Arvida Good Friends

Join Rana Ransley from Professionals Real Estate for a conversation about support around planning your next move, downsizing and decluttering, understanding your options, the process and timeline.

Grandchildren (Grandies) in the Pool: *Friday, 17 July at 3pm*

Location: Arvida Good Friends Swimming Pool

Our Moving Well team will be on lifeguard duty as we welcome resident and member grandchildren into the swimmin pool. Come on down to the pool for some fun, games and activities!

No Tai Chi: *Thursday, 23 July*

There will be a self guided option available upstairs.

Quiz: *Tuesday, 28 July at 4:30pm*

Location: Natter Cafe, Arvida Good Friends

Come along for an evening of fun as we test your knowledge. Quiz entry is \$5 per person.

Beverages & Bingo: *Thursday, 30 July from 3pm*

Location: Natter Cafe, Arvida Good Friends

Come along for a fun round of Bingo with great prizes to be won. Food and drinks will be available to purchase from the Cafe. This event has a \$5 entry fee per person. You can book online, by phone or at reception.