

Wellness Activity Programs

Centre: North Brisbane

Month: July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Brain & Balance (Stafford)	3 Wellness Centre Activities: indoor bowls	4	5 Wellness Centre Activities: golf Brain&Balance (Stafford) Funfit (Stafford)	6
9 Brain & Balance (Stafford)	10 Wellness Centre Activities: table bowls	11	12 Wellness Centre Activities: cards & more Brain&Balance (Stafford) Funfit (Stafford)	13
16 Brain & Balance (Stafford)	17 Wellness Centre Activities: snakes & ladders	18	19 Wellness Centre Activities: snakes Brain&Balance (Stafford) Funfit (Stafford)	20
23 Brain & Balance (Stafford)	24 Wellness Centre Outing: Cyrpus House & bingo	25	26 Wellness Centre Outing: Colussus Brain&Balance (Stafford) Funfit (Stafford)	27
30 Brain & Balance (Stafford)	31 Wellness Centre Activities: Golf			

PLEASE NOTE: This program is subject to change.

For further information or activity registration, please contact the Wellness Centre Coordinator on 3865 3279.