

TUGGERANONG 55 PLUS CLUB ACTIVITIES CALENDAR

WEEKLY

*ACTIVITIES HELD ELSEWHERE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
ZUMBA GOLD 9.30am - 10.15pm	ACTIVE EXERCISE MEN 8.10am - 8.50am	CRIBBAGE 9.30am - 11.30am (Gumnut Cottage)	500 CARDS 9.30am - Noon (Gumnut Cottage)	* CYCLING GROUP 10.00am (9.00am - Summer) <i>Meet near Skate Pk</i>	TAI CHI 9.15am - 10.15am
MORNING CARDS 9.30am - 12.30pm (Gumnut Cottage)	ACTIVE EXERCISE WOMEN 9.00am - 9.45am	CARPET BOWLS 10.00am - Noon			GENTLE EXERCISE 10.30am - 11.15am
		SEATED STRETCH 12.10pm - 12.55pm		LEARNING CIRCLE Noon - 2.00pm	
TABLE TENNIS 1.30pm - 3.30pm	MAHJONG 1.00pm - 3.30pm Gumnut Cottage)	K-NIT N K-NATTER 1.00pm - 3.00 pm (Gumnut Cottage)	MAHJONG 1.00pm - 3.30pm (Gumnut Cottage)		
BRIDGE - DUPLICATE/SOCIAL 2.00pm - 4.00pm (Gumnut Cottage)	SEATED YOGA 1.15pm - 2.15pm	LINE DANCING 1.30pm - 3.30pm	BRIDGE - IMPROVERS 3.30pm - 5.30pm (Gumnut Cottage)		CARPET BOWLS 2.00pm - 4.00pm
		BRIDGE - INTERMEDIATE 1.15pm - 3.15pm (Gumnut Cottage)			
YOGA 5.15pm - 6.30pm		BRIDGE - CONT. BEGINNERS 3.30pm - 5.30pm (Gumnut Cottage)	YOGA 3.45pm - 5.00pm		

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BI MONTHLY & MONTHLY

*ACTIVITIES HELD ELSEWHERE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	SUNDAY
2nd Monday iPAD SIG 10.00am–Noon			1st Thursday FAMILY HISTORY GROUP 10.00am – Noon	2nd Thursday ANDROID SIG 10.00am – Noon			*1st & 3rd Sunday 'DISCOVER CANBERRA' WALKING GROUP 9.30am <i>Meet at TSC</i>
1st & 3rd Monday CRAFT CORNER 10.00am – 2.00pm (Gumnut Cottage)		*Fortnightly TEN PIN BOWLING 10.00am <i>Tugg Bowling Alley (Dates on Notice Board)</i>	*1st & 3rd Thursday POOL GROUP Burns Club 10.30am	3rd Thursday SHUTTERBUG'S CAMERA GROUP 9.30Am – 11.30am	*2nd & 4th Friday PITCH N PUTT Narrabundah 10.00am		
							1st Sunday SOCIAL BINGO 2.00pm – 4.00pm
	*1st Tuesday GARDENING CLUB 2.00pm <i>DIY Area - Bunnings Tuggeranong</i>		1st Thursday BOOK CLUB 2.00pm – 4.00pm	3rd Thursday READING GROUP 1.30pm – 3.30pm	Fortnightly UKE 55 – UKULELE GROUP 4.15pm - 5.45pm (Dates on Notice Board)	3rd Saturday MOVIE MATINEE 1.30pm	4th Sunday (Feb/Apr/June/ Aug/Oct) LET'S GET 'TRIVIAL' 2.00pm – 4.00pm
			2nd & 4th Thursday LAKESIDE ART GROUP 12.45pm – 3.15pm	*4th Thursday LAWN BOWLS 1.30pm <i>Vikings Tuggeranong</i>	Fortnightly SQUARE DANCING 6.00pm – 7.30pm (Dates on Notice Board)		4th Sunday (Mar/May/July/ Sept/Nov) GAMES AFTERNOON 2.00pm – 4.00pm