

TUGGERANONG 55 PLUS CLUB ACTIVITIES CALENDAR

WEEKLY

*ACTIVITIES HELD ELSEWHERE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	ACTIVE EXERCISE MIXED 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	ZUMBA GOLD 11.30am - 12.15pm
TABLE TENNIS 1.30pm – 3.30pm	MAHJONG 1.00pm – 3.30pm (Gumnut Cottage)	BRIDGE 1.30pm – 3.30pm (Gumnut Cottage)	MAHJONG 1.00pm – 3.30pm (Gumnut Cottage)		
BRIDGE - DUPLICATE/SOCIAL 2.00pm – 4.00pm (Gumnut Cottage)	SEATED YOGA 1.15pm – 2.15pm	K-NIT N K-NATTER 1.15pm – 3.15 pm (Gumnut Cottage)	BRIDGE - BEGINNERS 1.00pm – 3.00pm (Gumnut Cottage)		CARPET BOWLS 2.00pm – 4.00pm
			BRIDGE - CONTINUING & IMPROVERS 3.45pm – 5.45pm (Gumnut Cottage)		UKE 55 – UKULELE GROUP 4.15pm - 5.45pm
YOGA 5.15pm – 6.30pm			YOGA 3.45pm – 5.00pm		SQUARE DANCING 6.00pm – 7.30pm

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BI MONTHLY & MONTHLY

*ACTIVITIES HELD ELSEWHERE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	SUNDAY
2nd Monday iPAD SIG 9.45am – 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 Meet at TSC
		*Fortnightly TEN PIN BOWLING 10.00am Tugg Bowling Alley (Dates on N.Board)	1st & 3rd Thursday BACKGAMMON 1.00pm – 3.30pm	2nd & 4th Thursday LAKESIDE ART GROUP 12.45pm – 3.15pm	*2nd & 4th Friday PITCH N PUTT Narrabundah 10.30am		
			1st Thursday BOOK CLUB 2.00pm – 4.00pm				
	*1st Tuesday GARDENING CLUB 2.00pm DIY Area - Bunnings Tuggeranong		3rd Thursday SHUTTERBUG’S CAMERA GROUP 9.30Am – 11.30am	3rd Thursday READING GROUP 1.30pm – 3.30pm			1st Sunday SOCIAL BINGO 2.00pm – 4.00pm
			4th Thursday INVESTORS MORNING COFFEE GROUP 10.00am – Noon	*4th Thursday LAWN BOWLS 1.30pm Vikings Tuggeranong		3rd Saturday MOVIE MATINEE 1.30pm	3rd Sunday LET’S GET ‘TRIVAL’ 2.00pm – 4.00pm