

MAY-JULY 2023



Activity Venues

- 🏠 Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
- 🏠 Saturday afternoon at Belmore Senior Citizen Centre, Redman Parade Belmore
- 🏠 PCYC Auburn, Wyatt Park, Church Street, Lidcombe
- 🏠 Aerialize, 7-9 Close Street, Canterbury
- 🏠 (Activity fees applied refer to current fees schedule)

WEEKDAY AFTERNOON PROGRAM

Monday	4:00pm to 5:00pm	Fitness Gym Class	PCYC Auburn
Friday	4:30pm to 5:30pm	Aerial Circus	Aerialize, Canterbury

WEEKEND PROGRAM

	Junior Group	Youth Group	
	Afternoon 3:00pm to 4:30/5:00pm	Morning	Afternoon 2:30pm to 4:00pm
May			
06/05	Mother's Day Lunch 11:30am to 2:00pm, Bankstown RSL Club 1 Meredith St, Bankstown		
13/05	Fun with Music 3:00-4:00 Taekwondo by Khon 4:00-5:00	Tenpin Bowling 11am – 12:30pm	Taekwondo by Khon 2:30-4:00
20/05	Sensory Play (TBC) 3:00-4:00 OT Group Exercise 4:00-5:00	Putt Putt Golf * Milperra 11:00am starts	Active Living Community OT Group 2:30-4:00
27/05	Cooking by Antonia 3:00-4:30	Tenpin Bowling 11am-12:30pm	Chair Yoga/Pilates/Dance by Monica 2:30-4:00
June			
03/06	Music Therapy by Christine 3:00-4:30	Tenpin Bowling 11am-12:30pm	Chair Yoga/Pilates/Dance by Monica 2:30-4:00
10/06	Fun with Music 3:00-4:00 Taekwondo by Khon 4:00-5:00	Tenpin Bowling 11am-12:30pm	Taekwondo by Khon 2:30-4:00
17/06	Zumba with Norma 3:00-4:00 OT Group Exercise 4:00-5:00	Tenpin Bowling 11am-12:30pm	Active Living Community OT Group 2:30-4:00
24/06	Cooking by Antonia 3:00-4:30	Tenpin Bowling 11am-12:30pm	Zumba with Norma 2:30-4:00
July			
01/07	Community Outing & Picnic Lunch * Lambeth Reserve, Picnic Point 11:00am - 3:30pm		
08/07	School Holidays		ACAP Arts Program 2:30-4:00
15/07	School Holidays		Chair Yoga/Pilates/Dance by Monica 2:30-4:00
22/07	Music Therapy by Christine 3:00-4:00 Taekwondo by Khon 4:00-5:00	Tenpin Bowling 11am-12:30pm	Taekwondo by Khon 2:30-4:00
29/07	Cooking by Antonia 3:00-4:30	Tenpin Bowling 11am-12:30pm	ACAP Arts Program 2:30-4:00

The above programs may be changed without prior notice due to unforeseen reasons.

*Refer to program flyers for activity details.