

# AUG-OCT 2023



## Activity Venues

- 🏠 Bowling, Tenpin City Lidcombe, 92 Parramatta Road, Lidcombe
- 🏠 Saturday afternoon at Belmore Senior Citizens Centre, 38 Redman Parade Belmore / Ashbury Senior Citizens Centre, 66 Princess Street Canterbury
- 🏠 PCYC Auburn, Wyatt Park, Church Street, Lidcombe
- 🏠 Aerialize, 7-9 Close Street, Canterbury

## 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* 10:30am-12:00pm	Afternoon 2:30pm to 4:00pm
<b>August</b>			
05/08	Taekwondo 3:00-4:00	Tenpin Bowling	ACAP Arts Program
	Birthday Party 4:00pm - 4:30pm		
12/08	Cooking with Antonia 3:00-4:30	<b>NO BOWLING</b> due to tournament at venue	ACAP Arts Program
19/08	<b>CPA 35<sup>th</sup> Anniversary Family Carnival Dinner</b> 5pm at King Dynasty Chinese Restaurant, Chatswood Westfield		
26/08	Fun with Music 3:00-4:00 Zumba 4:00-5:00	Tenpin Bowling	Chair Yoga/Pilates/Dance by Monica
<b>September</b>			
02/09	Music Therapy by Christine 3:00-4:00	Tenpin Bowling	Chair Yoga/Pilates/Dance by Monica
	Birthday Party 4:00pm - 4:30pm		
09/09	<b>Father's day and Mid-Autumn Festival Celebration</b> Buffet Lunch at Ashfield RSL Club 11:30am – 2:00pm		
16/09	Fun with Music 3:00-4:00 OT Group Exercise 4:00-5:00	Tenpin Bowling	Active Living Community OT Group
*23/09	Creative Art with Ellen 3:00-4:30	Tenpin Bowling	Zumba
30/09	<b>School Holiday</b>		
<b>October</b>			
07/10	<b>School Holiday</b>		
**14/10	Cooking with Antonia 3:00-4:30	Tenpin Bowling	Chair Yoga/Pilates/Dance by Monica
**21/10	Music Therapy by Christine 3:00-4:00 OT Group Exercise 4:00-5:00	Tenpin Bowling	Active Living Community OT Group
**28/10	Fun with Music 3:00-4:00 Taekwondo by Khon 4:00-5:00	Tenpin Bowling	Taekwondo by Khon

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

\* New Tenpin Bowling time: 10:30am – 12:00pm

\*\*New Junior Group Weekend Program address: Ashbury Senior Citizens Centre 66 Princess Street, Canterbury from 23/09/2023 onwards.