





FEBRUARY 2023



Activity Venues (Activity fees applied refer to current fees schedule)

-  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

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 4:30pm	Morning	Afternoon 2:30pm to 4:00pm
04/02	Music Therapy by Christine 3:00-4:30	<i>No bowling on the day</i>	Chair Yoga / Pilates / Dance By Monica 2:30-4:00
11/02	Art & Crafts with Ellen 3:00-4:30	Tenpin Bowling 11am – 12:30pm	Zumba with Norma 2:30-4:00
18/02	Cooking with Antonia 3:00-4:30	Tenpin Bowling 11am – 12:30pm	Exercise Physiology by Amelia 2:30-4:00
25/02	Exercise Physiology by Amelia 3:00-4:30	Tenpin Bowling 11am – 12:30pm	Arts project with Ellen 2:30-4:00

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