





OCTOBER 2022

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	5:00pm to 6:00pm	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 4:00/4:30pm
01/10	Canberra & Snowy Mountain Perisher Valley Family Trip Saturday 1/10/2022 – Monday 03/10/2022		
08/10	Fun Games by OT Students 3:00-5:00	Tenpin Bowling 11am – 12:30pm	Fun Games by OT Students 2:30-4:30
15/10	Exercise Physiology by Amelia 3:00-4:30	Tenpin Bowling 11am – 12:30pm	Chair Yoga / Pilates / Dance By Monica 2:30-4:00
22/10	Zumba with Norma 3:00-4:00 Taekwondo with Khon 4:00-5:00	Tenpin Bowling 11am – 12:30pm	Taekwondo with Khon 2:30-4:00
29/10	Fun with Music 3:00-4:30	Tenpin Bowling 11am – 12:30pm	Zumba with Norma 2:30-4:00

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