

Manchester House

Senior Hub

Tuesday: Active Exercise 10:00am – 11:30am \$2.00pp

For those who are wanting to retain strength and balance social, interaction and wellbeing.

Wednesday Morning: Coffee Club, Bingo = \$3.00 per card B.Y.O
lunch or chip in for fish 'n' chips.

A chance to try your luck to win a few food items in Bingo OR just sit and chat with friends.

Thursday Morning: Active Exercises 10:00 am - 11:30 am —
\$2.00pp

For those who are wanting to retain strength and balance social, interaction and wellbeing.

Thursday Afternoon 1.30 - 3.00pm

afternoon Tea provided) \$5.00pp entry

A great way to meet new people, have a sing a long and tap your toes. Let our wonderful local entertainers serenade you with memories old and new.

**While we do our best to uphold this program
schedule**

programs are subject to change without notification.

**The safety of our attendees is paramount with all
activities**

**provided. Please do not attend our Hub if you are unwell or
showing symptoms of cold or flu.**