

JANUARY 2017	FEBRUARY 2017	MARCH 2017
<p style="text-align: center;"><b>WELCOME</b></p> <p style="text-align: center;"><b>2017</b></p>	<p><b>02/02/17 OUT – Botannical Gardens</b>  <b>Mrs Macquarie Rd, Sydney – 9231 8111 CHANGED</b>  <b>To Carss Park due to Very Windy Conditions</b></p> <p>11.00am Morning Tea / Celebrations,  11.20am Light stretch exercises post bus trip  12.00pm Lunch - <b>Freshly cooked Hot Italian Meal</b>  1.00pm Walking outside round the block/in the park  2.00pm Tea /Coffee. Discussion re next fortnight. Leave – 2.30pm.</p>	<p><b>02/03/17 OUT - WATSON'S BAY</b>  <b>Fisherman's Wharf, Watsons's Bay</b></p> <p><b>Morning Tea – Ashfield Park</b></p> <p><b>Lunch – Doyle's Take Away Restaurant</b></p>
<p><b>Planning is done with weather permitting venues.</b></p> <p><b>If weather is not suitable for group then alternative arrangements are made at short notice.</b></p>	<p><b>09/02/17 IN - ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations  11.20 am Light stretch exercises post bus trip  12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee – Birthday Celebrations.</b>  2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>09/03/17 IN - ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations  11.20 am Light stretch exercises post bus trip  12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>  2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>
<p><b>12/01/17 IN – EVACUATION DRILL</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess Street, ASHBURY</b></p> <p>11.00am Morning Tea / Celebrations,  11.20am Light stretch exercises post bus trip  12.00pm Lunch - <b>Freshly cooked Hot Italian Meal</b>  1.00pm Walking outside round the block/in the park  2.00pm Tea /Coffee. Discussion re next fortnight. Leave – 2.30pm.</p>	<p><b>18/02/17 OUT – Canterbury Leagues Club</b>  <b>Bridge Rd, BELMORE</b></p> <p style="text-align: center;"><b>SENIORS CONCERT</b></p>	<p><b>16/03/17 OUT – Canterbury Leagues Club</b>  <b>Bridge Rd, BELMORE</b></p> <p style="text-align: center;"><b>SENIORS CONCERT</b></p>
<p><b>. 19/01/17 OUT – Carss Park Reserve, Carwar Ave –</b>  <b>Changed to 7 HILLS RSL, Cnr Best Rd &amp; Williams St.</b>  <b>Due to bad weather.</b></p> <p>11.00 am Morning Tea &amp; Light exercise at park.  12.00 pm <b>Buffet Lunch at 7 Hills RSL</b>  2.00 pm Tea/Coffee. Discussion re next fortnight. Leave at 2.30pm.</p>	<p><b>23/02/17 IN - ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations  11.20 am Light stretch exercises post bus trip  12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee – Birthday Celebrations.</b>  2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>23/03/17 - IN - Ashbury Centre – Green Room</b></p> <p>11.00am Morning Tea &amp; Exercise  1.00pm Lunch - <b>Freshly cooked Hot Italian Meal</b>  2.0pm Tea /Coffee – <b>Birthday Celebrations</b>  Discussion re next fortnight.  2.15pm Walking outside round the block/in the park Leave – 2.30pm</p>
<p><b>26/01/17 IN - ASHBURY CENTRE, GREEN ROOM</b>  <u><b>PUBLIC HOLIDAY – NO DAY CARE</b></u></p> <p>11.00 am Morning Tea / Celebrations  11.20 am Light stretch exercises post bus trip  12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee – Birthday Celebrations.</b>  2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>		<p><b>30/03/17 OUT – Central Gardens Merrylands</b>  <b>Changed to Ashfield RSL due to Extreme Bad Weather.</b></p> <p>11.00 am Morning Tea / Celebrations,  11.20 am Light Warming-up Exercise – Sitting or standing  11.40 am Walk around Park  12.30 pm <b>Picnic Lunch – Salad, Pane di Casa; Fresh Fruit</b>  2.00 pm Tea/Coffee. Discussion re next fortnight. Leave at 2.30pm.</p>

APRIL 2017	MAY 2017	JUNE 2017
<p><b>06/04/17 IN - Ashbury Centre</b></p> <p>11.00am Morning Tea &amp; Presentation                      1.00pm Lunch - <b>Freshly cooked Hot Italian Meal</b>                      2.0pm Tea /Coffee. Discussion re next fortnight.                      2.15pm Walking outside round the block/in the park Leave – 2.30pm</p>	<p><b>0/15/17 IN Changed to IN at Ashbury Centre – from Signatures Rest @ Merrylands RSL – Ph: 88687777</b></p> <p>11.00 am Morning Tea / Celebrations,                      11.20 am Light Warming-up Exercise – Sitting or standing                      11.40 am Walk around Park                      12.30 pm <b>Lunch @ Signatures – Merrylands RSL</b>                      2.00 pm Tea/Coffee. Discussion re next fortnight. Leave at 2.30pm</p>	<p><b>01/06/17 IN ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>
<p><b>13/04/17 OUT CABARITA PARK – CHANGED TO – Quarantine Park Abbotsford.</b></p> <p>11.00 am Morning Tea / Celebrations,                      11.20 am Light Warming-up Exercise – Sitting or standing                      11.40 am Walk around Park                      12.30 pm <b>BBQ Lunch – Salad, Pane di Casa; Fresh Fruit</b>                      2.00 pm Tea/Coffee. Discussion re next fortnight. Leave at 2.30pm</p>	<p><b>11/05/17 OUT Changed from IN ASHBURY CENTRE to C-Side Functions,110 General Holmes Drive, Kyeemagh - 95679122</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>  <b>Birthday Celebrations</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>08/06/17 OUT – Olympic Park, Homebush</b></p> <p>11.00 am Morning Tea / Celebrations,                      11.20 am Light Warming-up Exercise – Sitting or standing                      11.40 am Walk around Park                      12.30 pm <b>BBQ Lunch – Salad, Pane di Casa; Fresh Fruit</b>                      2.00 pm Tea/Coffee. Discussion re next fortnight. Leave at 2.30pm</p>
<p><b>20/04/17 OUT Seniors Concert Canterbury Leagues Club, Bridge Rd, Belmore</b></p> <p>10.30am Morning Tea at club                      11.30am Early Lunch – 2 course meal, tea, coffee - <b>\$10.00</b>                      12.30pm Special Seniors Concert in Auditorium                      2.30pm Discussion re next fortnight. Leave – 2.30pm.</p>	<p><b>18/05/17 OUT Seniors Concert Canterbury Leagues Club, Bridge Rd, Belmore</b></p> <p>10.30am Morning Tea at club                      11.30am Early Lunch – 2 course meal, tea, coffee - <b>\$10.00</b>                      12.30pm Special Seniors Concert in Auditorium                      2.30pm Discussion re next fortnight. Leave – 2.30pm.</p>	<p><b>15/06/17 OUT Seniors Concert Canterbury Leagues Club, Bridge Rd, Belmore</b></p> <p>10.30am Morning Tea at club                      11.30am Early Lunch – 2 course meal, tea, coffee - <b>\$10.00</b>                      12.30pm Special Seniors Concert in Auditorium                      2.30pm Discussion re next fortnight. Leave – 2.30pm.</p>
<p><b>27/04/17 OUT Venue changed from IN to OUT – Quarantine Station Reserve - due double-booking of Ashbury Centre.</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>  <b>Birthday Celebrations</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>25/05/17 OUT Bobbin Head National Park – Venue changed to Quarantine Station Reserve, Spring St Abbotsford post clients' request.</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      11.30 am Discovery walk around picnic area                      12.30 pm Lunch – <b>BBQ Lunch – Tea/Coffee</b>                      2.00pm Walking alongside water                      Leave – 2.30pm.</p>	<p><b>22/06/17 IN Ashbury Centre, Green Room</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>
		<p><b>29/06/17 IN ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>  <b>Birthday Celebrations</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>

JULY 2017	AUGUST 2017	SEPTEMBER 2017
<p><b>06/07/17 OUT – Juniors @ Maroubra – 946 Anzac Pde, Maroubra – 93446935 (Simon) CHANGED to Olympic Park, Homebush due to Cold Weather</b></p> <p>11.00 am Morning Tea / Celebrations,                      11.20 am Light Warming-up Exercise – Sitting or standing                      11.40 am Walk around Park                      12.30 pm <b>Lunch at Maroubra RSL.</b>                      2.00 pm Tea/Coffee. Discussion re next fortnight. Leave at 2.30pm</p>	<p><b>03/08/17 OUT – Camelia Gardens - President Ave, Caringbah &gt; Diggers @ Miranda Ph: 95250844</b></p> <p>11.00 am Morning Tea / Celebrations,                      11.20 am Light Warming-up Exercise – Sitting or standing in Park                      12pm <b>Lunch @ Diggers at Miranda, 615 Kingsway, Miranda</b>                      2pm Discussion re next fortnight. Leave at 2.30pm.</p>	<p><b>07/09/17 IN – ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>
<p><b>13/07/17 IN ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.00 pm Lunch – <b>Freshly cooked Hot Italian Meal</b>                      1.00pm Walking outside round the block/in the park                      1.30 pm Music, singing, dancing, bingo                      2.00 pm Tea /Coffee. Discussion re next fortnight. Leave – 2.30pm.</p>	<p><b>10/08/17 IN – ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>14/09/17 OUT - CABARITA PARK, Cabarita Rd, Cabarita</b></p> <p>11.00 am Morning Tea / Celebrations,                      11.20 am Light Warming-up Exercise – Sitting or standing                      11.40 am Walk around Park                      12.30 pm <b>BBQ Lunch – Salad, Pane di Casa; Fresh Fruit</b>                      2.00 pm Tea/Coffee. Discussion re next fortnight. Leave at 2.30pm.</p>
<p><b>20/07/17 OUT Seniors Concert</b>  <b>Canterbury Leagues Club, Bridge Rd, Belmore</b>                      10.30am Morning Tea at club                      11.30am Early Lunch – 2 course meal, tea, coffee - <b>\$10.00</b>                      12.30pm Special Seniors Concert in Auditorium                      2.30pm Discussion re next fortnight. Leave – 2.30pm.</p>	<p><b>17/08/17 OUT Seniors Concert</b>  <b>Canterbury Leagues Club, Bridge Rd, Belmore</b>                      10.30am Morning Tea at club                      11.30am Early Lunch – 2 course meal, tea, coffee - <b>\$10.00</b>                      12.30pm Special Seniors Concert in Auditorium                      2.30pm Discussion re next fortnight. Leave – 2.30pm.</p>	<p><b>21/09/17 OUT Seniors Concert</b>  <b>Canterbury Leagues Club, Bridge Rd, Belmore</b>                      10.30am Morning Tea at club                      11.30am Early Lunch – 2 course meal, tea, coffee - <b>\$10.00</b>                      12.30pm Special Seniors Concert in Auditorium                      2.30pm Discussion re next fortnight. Leave – 2.30pm.</p>
<p><b>27/07/17 IN – ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>  <b>Birthday Celebrations</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>24/08/17 IN – ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>  <b>Birthday Celebrations</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>28/09/17 IN – ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>  <b>Birthday Celebrations</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>
	<p><b>31/08/17 OUT – Auburn Botanical Gardens</b>  <b>Cherry Blossom Festival</b></p> <p>11.00 am Morning Tea / Celebrations,                      11.20 am Light Warming-up Exercise – Sitting or standing                      11.40 am Walk around Park                      12.30 pm <b>Picnic Lunch; Fresh Fruit</b>                      2.00 pm Tea/Coffee. Discussion re next fortnight. Leave at 2.30pm</p>	

OCTOBER 2017	NOVEMBER 2017	DECEMBER 2017
<p><b>05/10/17 IN – ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>02/11/17 IN – ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>07/12/17 OUT La Gioia Ristorante</b>  <b>126 A, Norton St, Leichhardt – 95646245</b></p> <p>10.30am Morning Tea at Leichhardt Park                      12.00am Lunch - <b>\$15.00</b>                      2.30pm Discussion re next fortnight. Leave – 2.30pm.</p>
<p><b>12/10/17 OUT – QUARANTINE RESERVE, Spring St, Abbotsford.</b></p> <p>11.00 am Morning Tea / Celebrations,                      11.20 am Light Warming-up Exercise – Sitting or standing                      11.40 am Walk around Park                      12.30 pm <b>BBQ Lunch – Salad, Pane di Casa; Fresh Fruit</b>                      2.00 pm Tea/Coffee. Discussion re next fortnight. Leave at 2.30pm</p>	<p><b>09/11/17 OUT Dolls Point Reserve</b></p> <p>11.00 am Morning Tea / Celebrations,                      11.20 am Light Warming-up Exercise – Sitting or standing                      11.40 am Walk around Park                      12.30 pm <b>BBQ Lunch – Salad, Pane di Casa; Fresh Fruit</b>                      2.00 pm Tea/Coffee. Discussion re next fortnight. Leave at 2.30pm</p>	<p><b>14/12/17 IN – LAST IN FOR 2017</b></p> <p><b>ASHBURY CENTRE, GREEN ROOM</b></p> <p><b>CHRISTMAS PARTY</b></p>
<p><b>19/10/17 OUT Seniors Concert</b>  <b>Canterbury Leagues Club, Bridge Rd, Belmore</b></p> <p>10.30am Morning Tea at club                      11.30am Early Lunch – 2 course meal, tea, coffee - <b>\$10.00</b>                      12.30pm Special Seniors Concert in Auditorium                      2.30pm Discussion re next fortnight. Leave – 2.30pm.</p>	<p><b>16/11/17 OUT Seniors Concert</b>  <b>Canterbury Leagues Club, Bridge Rd, Belmore</b></p> <p>10.30am Morning Tea at club                      11.30am Early Lunch – 2 course meal, tea, coffee - <b>\$10.00</b>                      12.30pm Special Seniors Concert in Auditorium                      2.30pm Discussion re next fortnight. Leave – 2.30pm.</p>	
<p><b>27/10/16 IN – ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>  <b>Birthday Celebrations</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>23/11/17 IN – ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	<p><b>HOLIDAYS</b>  <b>BREAK-UP UNTIL</b>  <b>11 JANUARY 2017</b></p>
	<p><b>31/11/17 IN – ASHBURY CENTRE, GREEN ROOM</b></p> <p>11.00 am Morning Tea / Celebrations                      11.20 am Light stretch exercises post bus trip                      12.30 pm Lunch – <b>Freshly cooked Hot Italian Meal – Tea/Coffee</b>  <b>Birthday Celebrations</b>                      2.00pm Walking outside round the Centre. Leave – 2.30pm.</p>	