

**Arabic DAY CARE GROUP THURSDAY**

**Ashbury Green Room, 66 Princess Street, ASHBURY January-June 2017 Programme**

**Tel: 9718 6199**

<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>
<p align="center"><b>12/1/2017 OUT</b></p> <p><b>LA PEROUSE</b>  <b>1605 Anzac Pde, LA PEROUSE</b>                      11.00 am Morning Tea / Celebrations,                      11.20 am Light Exercise – sitting or standing                      12.30–1.15pm Lunch                      1:15pm-2:00pm free play and walking around the garden                      2.00 pm Tea / Discuss venue/food for next fortnight Leave at 3.0</p>	<p align="center"><b>9/2/2017 OUT</b></p> <p><b>COOGEE BEACH</b>                      11.00 am Morning Tea / Celebrations,                      11.20 am Light Exercise – sitting or standing                      12.30–1.15pm Lunch                      1:15pm-2:00pm Music, singing, dancing, bingo                      2.00 pm Tea / Discuss venue/food for next fortnight                      Leave at 3.0</p>	<p align="center"><b>9/03/2017 OUT</b></p> <p><b>Brighton-le-sands <b>Varation</b> Seven Hills RSL Club</b>                      108 Best Road Seven Hills 2147                      11.00 am Morning Tea / Celebrations,                      11.20 am Light Exercise – sitting or standing                      11.40 am free play and socialiation                      12.30–1.15pm Lunch Coffee in the park 2.00 pm                      Tea / Discuss venue/food for next fortnight Leave at 3.00</p>
<p align="center"><b>19/1/2017 IN</b></p> <p><b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess Street, ASHBURY</b>                      11.00 am Morning Tea / Celebrations,                      11:30-12:30 socialising and walking around the block.                      12.30–1:30 pm Lunch,                      1.30 pm Music, singing, dancing, bingo                      2.00 pm Afternoon Tea / Discuss venue/food for next fortnight</p>	<p align="center"><b>16/2/2017 IN</b></p> <p><b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess Street, ASHBURY</b>                      11.00 am Morning Tea / Celebrations,                      11.20 am light exercises                      12.00–12.30 pm Lunch,                      1.00pm Walking outside round the block                      1.30 pm Music, singing, dancing, bingo                      2.00 pm Afternoon Tea / Discuss venue/food for next fortnight</p>	<p align="center"><b>16/3/2017 IN</b></p> <p><b>ASHBURY CENTRE, GREEN ROOM</b>                      GS: Stepping on program ..... Physiotherapist:                      Safety Pedestrian Officer ...council representative                      11.00 am Morning Tea / Celebrations,                      11.20 am exercises,                      Guest Speaker - 12.00–12.30                      12:30-1:00pm Lunch                      1.30 pm Music, singing, dancing, bingo 2.00 pm                      Afternoon Tea / Discuss venue/food for next fortnight</p>
<p align="center"><b>26/1/2017 <b>Australian day - OFF</b></b></p>	<p align="center"><b>23/2/2017 OUT</b></p> <p><b>Carsss Park Address: Carwar Avenue</b>  <b>Carsss Park NSW 2221</b>                      11.00 am Morning Tea / Celebrations,                      11.20 am exercises                      12.00–12.30 pm Lunch,                      1.00pm Walking in the park                      2.00 pm Afternoon Tea / Discuss venue/food for next fortnight</p>	<p align="center"><b>23/3/2017 OUT</b></p> <p><b>MERRYLANDS CENTRAL GARDEN</b>                      Cnr Betts and Merrylands Rd                      Merrylands West 2160                      11.00 am Morning Tea / Celebrations,                      11.20 am light exercises                      12.00–12.30 pm Lunch                      1.00pm Walking around the garden                      1.30 pm Music, singing, bingo                      2.00 pm Afternoon Tea / Discuss venue/food for next fortnight</p>

<p><b>2/02/2017 IN/OUT</b>  <b>WILEY PARK BICENTENNIAL AND ASHBURY CENTRE</b>  <b>66 Princess Street, ASHBURY</b>  11.00 am Morning Tea / Celebrations,  11.20 am exercises  12.00–12.30 pm Lunch,  1.00pm Walk/sightseeing  1.30 pm Music, singing, dancing, bingo  2.00 pm Afternoon Tea / Discuss venue/food for next fortnight</p>	<p><b>2/3/2017 IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess Street, ASHBURY</b>  <b>GS:</b> Stepping On program..... Physiotherapist:  11.00 am Morning Tea / Celebrations,  11.20 am light exercises  12.00–12.30 pm Lunch,  1.00pm Walking outside round the block  1.30 pm Music, singing, dancing, bingo  2.00 pm Afternoon Tea / Discuss venue/food for next fortnight</p>	<p><b>30/03/2017 IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess Street, ASHBURY</b>  <b>GS: Stepping on program ..... Occupational therapist</b>  11.30 am Morning Tea / Celebrations,  11.45pm Light Exercise – sitting or standing  12.00pm  12.30–1.30pm Lunch,  2.00 pm Tea / Discuss venue/food for next fortnight  leave at 3.00 Music, singing, dancing, bingo</p>
--	--	--

<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<p><b>06/04/17 OUT</b>  <b>MAROUBRA SURF LIFE SAVING CLUB</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around the beach  12.30–1.15pm Lunch Coffee in the park  2.00 pm Tea / Discuss venue/food for next fortnight  Leave a3.00</p>	<p><b>04/05/17 OUT/IN</b>  <b>Wiley Park</b>  <b>Address:</b> corner of Canterbury Road and King Georges Road.  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>GS:</b> Optometrist to talk about sight check and diseases and dietition to assist people to manage health conditions by modifying dietary factors.  11.00 am Morning Tea / Celebrations,  12.00–12.30 pm Lunch  1.00pm Walk/sightseeing  1.30 pm playing cards and Bingo  2.00 pm Afternoon Tea / Discuss venue/food next fortnight</p>	<p><b>01/06/17 OUT</b>  <b>Blacktown Workers Club</b>  Address: 55 Campbell St, Blacktown NSW 2148  Phone: (02) 9830 0600  11.00 am Morning Tea / Celebrations,  12.00–12.30 pm Lunch  1.30 Free time to socialise  2.00 pm Afternoon Tea / Discuss venue/food next fortnight</p>
<p><b>13/04/17 IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>GS:</b> Pharmacists to talk about medication, dizziness, sleep disorders and the effect/side effects  11.00 am Morning Tea / Celebrations,  11.20 am -12:00  12.00–12.30 pm Lunch,  1.00pm Walking outside round the block/in the park.  1.30 pm Music, singing, dancing, Bingo  2.00 pm Afternoon Tea / Discuss venue/food for next fortnight</p>	<p><b>11/05/17 OUT</b>  <b>St George Leagues Club</b>  <b>Address:</b> 124 Princes Hwy, Beverley Park NSW 2217  Phone: (02) 9587 1022  11.00 am Morning Tea  12.30–Lunch at the Grange Buffet  1:15-2:00 pm Free time to socialise  2.00 pm Tea / Discuss venue/food next fortnight  Leave 3.00</p>	<p><b>8/06/2017 IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>GS:</b>  11.00 am Morning Tea / Celebrations,  11:20-12:00  12.30–1.15pm Lunch and coffee in the park  2.00 pm Tea / Discuss venue/food for next fortnight  Leave 3.00</p>

<p><b>20/04/17</b>                      <b>OUT</b>  <b>Chipping Norton Park</b>  11.30 am Morning Tea / Celebrations  11.45pm Light Exercise – sitting or standing  12.00pm Walk/sightseeing  12.30–1.30pm Lunch  2.00 pm Tea / Discuss venue/food next fortnight  Leave at 3.00</p>	<p><b>18/05/17</b>                      <b>IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>GS:</b> Podiatrist to talk about healthy feet, safe footwear and might do foot check for the participants.  11.00 am Morning Tea / Celebrations  11.20 am Light Exercise – sitting or standing  1145- 12.15 free play/sightseeing  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food next fortnight  Leave 3.00</p>	<p><b>15/06/17</b>                      <b>OUT</b>  <b>KARIMBLE RESTAURANT</b>  Address: at 93 Karimbla road Miranda  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch Coffee in the park  2.00 pm Tea / Discuss venue/food for next fortnight  Leave 3.00</p>
<p><b>27/04/17</b>                      <b>IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>GS: Stepping on program</b> (a dietician and an optometris).  Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food next fortnight  Leave at 3.0</p>	<p><b>25/05/17</b>                      <b>IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food next fortnight  Leave 3.00</p>	<p><b>22/06/17</b>                      <b>OUT</b>  <b>CENTENNIAL OLYMPIC PARK</b>  11.00 am Morning Tea  11.15 am walk around the park  1145- 12.15 Bingo, cards, music.  12.30–Lunch  2.00 pm Tea / Discuss venue/food next fortnight  Leave at 3.0</p>
		<p><b>29/06/17</b>                      <b>OUT</b>  <b>KARIMBLE RESTAURANT</b>  <b>Address: at 93 Karimbla road Miranda</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch Coffee in the park  2.00 pm Tea / Discuss venue/food for next fortnight  Leave 3.00</p>

<b>July</b>	<b>August</b>	<b>September</b>
<p><b>6/07/17 IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  11.00 am Morning Tea / Celebrations,  11.20 am Peter from Cota 0417406365  12.00–12.30 pm Lunch  1.00pm Walking outside round the block/in the park.  1.30 pm Music, singing, dancing, Bingo  2.00 pm Afternoon Tea / Discuss venue/food for next fortnight</p>	<p><b>3/08/2017 IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess Street, ASHBURY</b>  11.00 am Morning Tea / Celebrations,  <b>11.20 am Guest speaker ....”Gambling addiction”</b>  12.00–12.30 pm Lunch  1.00pm Walking outside round the block/in the park.  1.30 pm Music, singing, dancing, Bingo  2.00 pm Afternoon Tea / Discuss venue/food for next fortnight</p>	<p><b>7/09/2017 OUT</b>  <b>Blacktown Workers Club</b>  <b>55 Campbell Street, Blacktown</b>  10.30 am Morning Tea / Celebrations,  11.00 am Morning Tea / Celebrations,  12.00–1:30 pm Lunch  2.00 pm Afternoon Tea / Discuss venue/food for next fortnight</p>
<p><b>13/07/2017 OUT</b>  <b>Blaxland Riverside Park</b>  Address: Jamieson St, Sydney NSW 2127  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.00</p>	<p><b>10/08/2017 OUT</b>  <b>MERRYLANDS CENTRAL GARDEN</b>  Cnr Betts and Merrylands Rd  Merrylands West 2160  11.00 am Morning Tea / Celebrations, Merrylands Central  11.00 am Morning Tea  11.15 am walk around the park  1145- 12.15 Bingo, sightseeing  12.30–Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.00</p>	<p><b>14/09/2017 IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess Street, ASHBURY</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch Coffee in the park  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.00</p>
<p><b>20/07/2017 IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  11.00 am Morning Tea / Celebrations,  <b>11:00 GS: Healthy Brain Aging(your brain matter)</b>  12.30–1.15pm Lunch  1.30 pm Music, singing, dancing, Bingo  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.00</p>	<p><b>17/08/17 IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess Street, ASHBURY</b>  11.00 am Morning Tea / Celebrations  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  1145- 12.15 Bingo  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.00</p>	<p><b>21/09/17 IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess Street, ASHBURY</b>  11:00am Morning Tea / Celebrations  11.20 am Light Exercise – sitting or standing  11.40 am Walk around Park  12.30–1.15pm Lunch  1.30 pm Music, singing, dancing, Bingo  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.00</p>

<p><b>27/07/2017      OUT</b>  <b>Carss Park Address: Carwar Avenue</b>  <b>Inside Carss Bush Park</b>  <b>Carss Park NSW 2221</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around park  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.00</p>	<p><b>24/08/2017      OUT</b>  <b>BANKSTOWN RSL BUFFET</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am sightseeing  12.30–1.30 pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.00</p>	<p><b>28/09/17      OUT</b>  <b>CHIPPING NORTON</b>  Homestead Avenue, Chipping Norton  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around the park, Bingo, Cards  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.00</p>
	<p><b>31/08/2017      IN</b>  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess st, Ashbury</b>  <b>GS:</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around the centre  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>	

<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>
<p>5/10/2017        OUT  <b>Cabarita Park</b>  <b>Cabarita Road, Cabarita</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around the park  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>	<p>2/11/17        OUT  <b>CARSS BUSH PARK</b> Carwar Avenue  <b>CARSS PARK 2221</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>	<p>30/11/17        OUT  <b>Opera House and surroundings</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>
<p>12/10/2017     IN  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess St, Ashbury</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>	<p>9/11/2017     IN  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess St, Ashbury</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>	<p>7/12/2017     IN  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess St, Ashbury</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>
<p>19/10/17        IN  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess St, Ashbury</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>	<p>16/11/17        IN  <b>ASHBURY CENTRE, GREEN ROOM</b>  <b>66 Princess St, Ashbury</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>	<p>14/12/17        OUT  <b>Bronte BEACH</b>  <b>Address: Bronte Beach 2024</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>
<p>26/10/17        OUT  <b>SOUTH HURSTVILLE RSL</b></p>	<p>23/11/17        OUT  <b>Coogee Beach</b></p>	<p style="text-align: center;"><b>HOLIDAYS</b></p>

<p><b>72 Connells Point Road</b>  <b>SOUTH HURSTVILLE</b>  11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>	<p>11.00 am Morning Tea / Celebrations,  11.20 am Light Exercise – sitting or standing  11.40 am Walk around the beach  12.30–1.15pm Lunch  2.00 pm Tea / Discuss venue/food for next fortnight  Leave at 3.0</p>	<p><b>BREAK-UP UNTIL</b>  <b>12 JANUARY 2017</b></p>
---	---	--