

## Activity Menu

☆ Book Online via Humanitix



Monday	Time	Cost
Gentle Exercise	9:30am - 10:30am	\$5
Seniors Pilates	11:00am - 12:00pm	\$5
☆ Book Club (first Monday of month)	2:00pm - 4:00pm	\$5
☆ Movies and Mingle (third Monday of month) Event Cinema Orion	Start between 10:00am - 10:30am	\$8
Tuesday	Time	Cost
Trivia (First Tuesday of month)	9:30am - 10:30am	Free
Garden Club (Second Tuesday of month)	10:00am - 12:00pm	\$5
Bingo (Third Tuesday of month)	9:30am - 11:30am	\$10/book
Cuppa & Chat (Last Tuesday of Month)	10:00am - 12:00pm	Free
Seniors Technology Solutions (By appointment during school term)	11:00am - 12:00pm	Free
Wednesday	Time	Cost
Gentle Exercise	9.30am - 10.30am	\$5
☆ Community Kitchen (second Wednesday of month)	10:30am - 12:30pm	\$5
JP Service	5:00pm - 7:00pm	Free
Thursday	Time	Cost
Hearing Australia (monthly)	By Appointment	Free
Friday	Time	Cost
Mahjong	9.30am - 11.30am	\$5
Craft Club	9:30am - 11.30am	\$5
Other Activities	Time	Cost
Heart Foundation Walking Group - Volunteers Needed	Coming Soon	
Pickleball - Redbank	Coming Soon	
Barefoot Lawn Bowls Goodna - Men's Group	Coming Soon	

**SPRINGFIELD LAKES COMMUNITY CENTRE**

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