

TUGGERANONG 55 PLUS CLUB ACTIVITIES CALENDAR

WEEKLY

*ACTIVITIES HELD ELSEWHERE

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
ZUMBA GOLD 9.30am - 10.15pm BOOKING ONLINE	ACTIVE EXERCISE MEN 8.00am – 8.45am BOOKING ONLINE	* 'TAKE 55' COFFEE & MOVIE GROUP 10.00am <i>Details Weekly Bulletin</i>	CRIBBAGE 9.30am – 11.30am (Gumnut Cottage)	500 CARDS 9.30am – Noon (Gumnut Cottage)	* CYCLING GROUP 10.00am (9.00am – Summer) Meet near Skate Pk
MORNING CARDS 9.30am – 12.30pm (Gumnut Cottage)	ACTIVE EXERCISE WOMEN 9.10am - 9.55am BOOKING ONLINE	CARPET BOWLS 10.00am – Noon			TAI CHI 9.15am – 10.15am
MOVEMENT & MEMORY 10.30am - 11.15pm BOOKING ONLINE	EUCHRE 9.30am – 11.30am (Gumnut Cottage)				BRIDGE INTERMEDIATE 11.00am – 1.00pm ON LINE
	* 'LADIES' CYCLING GROUP 10.00am (9.00am – Summer) Sea Scout Hall Gwy	LINE DANCING ABSOLUTE BEGINNERS 12.15pm – 1.15pm BOOKING ONLINE	KNIT N KNATTER 1.00pm – 3.00 pm (Gumnut Cottage)		SIT N BE FIT 11.45am – 12.30pm BOOKING ONLINE
TABLE TENNIS 1.30pm – 3.30pm ON HOLD	MAHJONG 1.00pm – 3.30pm (Gumnut Cottage)	LINE DANCING BEGINNERS 1.30pm – 2.30pm BOOKING ONLINE		MAHJONG 1.00pm – 3.30pm (Gumnut Cottage)	LEARNING CIRCLE Noon - 2.00pm
BRIDGE - SOCIAL 2.00pm – 4.00pm (Gumnut Cottage)	SEATED YOGA 1.15pm – 2.15pm	LINE DANCING IMPROVERS 2.45pm – 3.45pm BOOKING ONLINE	BRIDGE NEW BEGINNERS 3.00pm – 5.00pm (Gumnut Cottage)	BRIDGE IMPROVERS 3.00pm – 5.00pm (Gumnut Cottage)	CARPET BOWLS 2.00pm – 4.00pm
YOGA 5.15pm – 6.30pm				YOGA 3.45pm – 5.00pm	

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BI MONTHLY & MONTHLY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SUNDAY
2nd Monday iPAD SIG 10.00am–Noon		1st Wednesday INTRODUCTION TO BIRD WATCHING 9.00am	1st Thursday FAMILY HISTORY GROUP 10.00am – Noon	2nd Thursday ANDROID SIG 10.00am – Noon		*1st & 3rd Sunday 'DISCOVER CANBERRA' WALKING GROUP 9.30am <i>Meet at TSC</i>
1st & 3rd Monday CRAFT CORNER 10.00am – 2.00pm (Gumnut Cottage)		*Fortnightly 10 PIN BOWLING 10.00am <i>Zone Bowling Alley</i> (Dates Notice Bd)	*1st & 3rd Thursday POOL GROUP 10.15am <i>Burns Club Kambah</i>	3rd Thursday SHUTTERBUG'S CAMERA GROUP 9.30am–11.30am	*1st & 3rd Friday PITCH N PUTT 9.30am <i>Capital International Golf Course Narrabundah</i>	
2nd & 4th Monday GRAPHITES DRAWING GROUP 10.30am – 12.30pm (Gumnut Cottage)			1st Thursday BOOK CLUB 2.00pm – 4.00pm	3rd Thursday READING GROUP 1.30pm – 3.30pm		1st Sunday SOCIAL BINGO 2.00pm – 4.00pm
	*1st Tuesday GARDENING CLUB 2.00pm <i>DIY Area - Bunnings Tuggeranong</i>			*2nd & 4th Thursday LAWN BOWLS 1.15pm <i>Vikings Tuggeranong</i>	2nd & 4th Friday UKULELE GROUP 4.15pm - 5.45pm	4th Sunday (Mar/May/July/ Sept/Nov) LET'S GET 'TRIVAL' 2.00pm – 4.00pm
				2nd Thursday ON LINE - ZOOM TRIVIA WITH FRIENDS 7.30 pm <i>Details Weekly Bulletin</i>		4th Sunday (Feb/Apr/June/ Aug/Oct) GAMES AFTERNOON 2.00pm – 4.00pm