

VIRTUAL SOCIAL CENTRE **SAMPLE CALENDAR**

MULTIPLE SESSIONS HELD DAILY. CAN'T MAKE THE TIME? WATCH THE SESSION ON CATCH UP.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 10.00AM BREATH, MOVEMENT & MEDITATION with Darci	 9.30AM STANDING YOGA with Ben	 9.30AM INTERMEDIATE FRENCH with John	 9.30AM FOREVER YOUNG (EXERCISE) with Ben	 9.00AM STRONG FOUNDATIONS (EXERCISE) with Ben	 9.30AM PELVIC FLOOR with Dannielle	 9.30AM MORNING MEDITATION with Kevin
 11.00AM ARMCHAIR TRAVELS with Wendy	 11.00AM CLASSIC MOVERS DANCE with Danielle Linegar	 11.30AM STRONG FOUNDATIONS (EXERCISE) with Ben	 10.00AM COFFEE CATCH UP with Julie	 10.30AM A JOURNEY INTO WISDOM with Margo	 10.30AM DRAW, PAINT AND MEDITATE with Emma	 10.00AM MEET YOUR PET with Julian
 11.30AM ASK A LAWYER Attwood lawyers	 2.00PM ASK THE DOCTOR with Dr Tanya	 1.00PM HAPPY BOOKERS with Karen	 11.00AM WELLNESS WEDNESDAY with Karla	 11.00AM CLASSIC DANCE CLASS with Danielle	 11.00AM WHAT'S NEW ON THE VSC? with Sasha	 10.00AM ITALIAN FOR BEGINNERS with Giovanni
 2.00PM TRIVIA with Julian	 3.00PM TAI CHI with Rod	 1.30PM SEATED YOGA with Lauren	 1.00PM CARAVAN ADVENTURES with Fiona	 1.00PM TECH TALK with Marcelo	 1.00PM INTERMEDIATE FRENCH with John	 10.30AM DRAWING with Jeff
 3.00PM STRONG FOUNDATIONS (EXERCISE) with Ben	 4.00PM SING TO FEEL GOOD with Julie	 3.00PM FOOD, CULTURE AND TRAVELS with Wendy	 1.30PM TAI CHAIR (EXERCISE) with Ben	 2.00PM KNIT AND NATTER with Linda	 3.30PM CIRCULATION, BALANCE AND STABILITY with Clare	 2.00PM MUSICAL BINGO with Danny
 5.00PM THE COFFEE CREW Julie Herron	 4.30PM EVENING MEDITATION with Kevin	 6.00PM WHAT'S YOUR STORY? with Ross	 3.00PM CHARACTERS OF AUSTRALIA with Rob	 6.00PM QUIZ TIME with Lisa	 6.30PM UKULELE - PLAY IT! with Julie	 3.30PM MUSICAL THEATRE DANCE with Danielle