





| MONDAY  | TUESDAY | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---------|---|--|--|
| <p>Enjoy a day filled with morning tea, a delicious lunch, and convenient transport. Every Wednesday, you'll receive dedicated aged care support with Gordon CLO. Plus, all the art materials you need will be supplied, ensuring a hassle-free and enjoyable experience.</p> |         | <p><b>2 UPPER COOMERA COMMUNITY CENTRE HALL 2</b></p> <ul style="list-style-type: none"> <li>• Aqua class, Library, art, exercises program</li> <li>• Pain management with OT Megan balance and falls program</li> <li>• lunch and morning tea provided</li> <li>• Age care support with Gordon CLO</li> </ul>  |  |  |
| <p><b>7 PUBLIC HOLIDAY</b></p>  |         | <p><b>9 UPPER COOMERA COMMUNITY CENTRE HALL 2</b></p> <ul style="list-style-type: none"> <li>• Aqua class, Library, art, exercises program</li> <li>• Pain management with OT Megan balance and falls program</li> <li>• lunch and morning tea provided</li> <li>• Age care support with Gordon CLO</li> </ul>  |  | <p><b>11 BOWLED ENOUGH SENIORS MONTH EVENT</b></p> <p><b>AT BONOGIN 10AM-1:30PM</b></p> <ul style="list-style-type: none"> <li>• BBQ lunch</li> <li>• friendly bowls comp </li> </ul> |
| <p><b>14 UPPER COOMERA COMMUNITY CENTRE MEETING ROOM 2</b></p> <p>Swimming, Library, yarning circle, art, exercises program</p> <ul style="list-style-type: none"> <li>• lunch and morning tea provided</li> <li>• Physio with Matt</li> </ul>                                |         | <p><b>16 UPPER COOMERA COMMUNITY CENTRE HALL 2</b></p> <ul style="list-style-type: none"> <li>• Aqua class, Library, art, exercises program</li> <li>• Pain management with OT Megan balance and falls program</li> <li>• lunch and morning tea provided</li> <li>• Age care support with Gordon CLO</li> </ul> |  |  |
| <p><b>21 UPPER COOMERA COMMUNITY CENTRE MEETING ROOM 2</b></p> <p>Swimming, Library, yarning circle, art, exercises program</p> <ul style="list-style-type: none"> <li>• lunch and morning tea provided</li> <li>• Physio with Matt</li> </ul>                                |         | <p><b>23 UPPER COOMERA COMMUNITY CENTRE HALL 2</b></p> <ul style="list-style-type: none"> <li>• Aqua class, Library, art, exercises program</li> <li>• Pain management with OT Megan balance and falls program</li> <li>• lunch and morning tea provided</li> <li>• Age care support with Gordon CLO</li> </ul> |  |  |
| <p><b>28 VISIT TO COOMBABAH HIGH SCHOOL</b></p> <ul style="list-style-type: none"> <li>• cultural dancing and yarning circle </li> </ul>   |         | <p><b>30 UPPER COOMERA COMMUNITY CENTRE HALL 2</b></p> <ul style="list-style-type: none"> <li>• Aqua class, Library, art, exercises program</li> <li>• Pain management with OT Megan balance and falls program</li> <li>• lunch and morning tea provided</li> <li>• Age care support with Gordon CLO</li> </ul> | <p><b>Join us at the NEW Coomera Wellness Center from 10.00 am to 1.30 pm!</b></p> <p>To secure your spot, give us a call at 5522 9197 or reach out to Kylie directly at 0427 362 657.</p> |  |