

# August 2017 Seniors' Events Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>9am-4pm</b> Multicultural aged centre-based activities group <b>9:30am-11:30am</b> Computer/Tablet problem solving <b>10am-1pm</b> Shopping Bus	<b>2</b> <b>9am-10:30am</b> Chinese Tai Chi Social Group <b>10:30am-11:30am</b> Chinese English class <b>12.30pm-2pm</b> Zumba for Seniors <b>1pm-3:45pm</b> Computer / iPad classes - English and Spanish Language <b>9am-2.30pm</b> Warragamba Excursion	<b>3</b> <b>9am-4pm</b> Chinese aged centre-based activities group <b>11am-3pm</b> Seniors Men's Guitar Group <b>12:30pm-2:30pm</b> Seniors Men's Discussion Group	<b>4</b> <b>9am-2pm</b> Vision Impairment Social Support (VIPs) <b>12:30pm-3pm</b> Latin American and Spanish Speaking Group
<b>7</b> <b>9am-3pm</b> Monday Group – aged centre-based activity group <b>10am-2:15pm</b> English classes - intermediate, bilingual Russian, beginners. See reverse or call for individual class times	<b>8</b> <b>9am-4pm</b> Italian aged centre-based activities group <b>9:30am-11:30am</b> Computer/Tablet problem solving	<b>9</b> <b>9am-3pm</b> Wednesday Group – aged centre-based activity group <b>9am-10:30am</b> Chinese Tai Chi Social Group <b>10:30am-11:30am</b> Chinese English class <b>12.30pm-2pm</b> Zumba for Seniors <b>1pm-3:45pm</b> Computer / iPad classes - English and Spanish Language <b>2pm-4pm</b> Knitting and Sewing Group	<b>10</b> <b>9am – 4pm</b> Greek aged centre-based activities group <b>11am-3pm</b> Seniors Men's Guitar Group	<b>11</b> <b>2:30pm-3pm</b> Latin American and Spanish Speaking Group
<b>14</b> <b>9am-3pm</b> Monday Group – aged centre-based activity group <b>10am-2:15pm</b> English classes - intermediate, bilingual Russian, beginners. See reverse or call for individual class times	<b>15</b> <b>9am – 4pm</b> Multicultural aged centre-based activities group <b>9.30am-11:30am</b> Computer/Tablet problem solving	<b>16</b> <b>9am-10:30am</b> Chinese Tai Chi Social Group <b>10:30am-11:30am</b> Chinese English class <b>12.30pm-2pm</b> Zumba for Seniors <b>1pm-3:45pm</b> Computer / iPad classes - English and Spanish Language	<b>17</b> <b>9am-4pm</b> Chinese aged centre-based activities group <b>11am-3pm</b> Seniors Men's Guitar Group	<b>18</b> <b>12:30pm-3pm</b> Latin American and Spanish Speaking Group
<b>21</b> <b>9am-3pm</b> Monday Group – aged centre-based activity group <b>10am-2:15pm</b> English classes - intermediate, bilingual Russian, beginners. See reverse or call for individual class times	<b>22</b> <b>9am-4pm</b> Indian sub-continent aged centre-based activities group <b>9:30am-11:30am</b> Computer/Tablet problem solving	<b>23</b> <b>9am-3pm</b> Wednesday Group – aged centre-based activity group <b>9am-10:30am</b> Chinese Tai Chi Social Group <b>12.30pm-2pm</b> Zumba for Seniors <b>10:30-11:30am</b> Chinese English class <b>1pm-3:45pm</b> Computer / iPad classes - English and Spanish Language <b>2pm-4pm</b> Knitting and Sewing Group	<b>24</b> <b>9am – 4pm</b> Greek aged centre-based activities group <b>11am-3pm</b> Seniors Men's Guitar Group	<b>25</b> <b>12:30pm-3pm</b> Latin American and Spanish Speaking Group
<b>28</b> <b>9am-3pm</b> Monday Group – aged centre-based activity group <b>10am-2:15pm</b> English classes - intermediate, bilingual Russian, beginners. See reverse or call for individual class times	<b>29</b> <b>9am – 4pm</b> Multicultural aged centre-based activities group <b>9:30-11:30am</b> Computer/Tablet problem solving	<b>30</b> <b>9am-10:30am</b> Chinese Tai Chi Social Group <b>10:30am-11:30am</b> Chinese English class <b>12.30pm-2pm</b> Zumba for Seniors <b>1pm-3:45pm</b> Computer / iPad classes - English and Spanish Language <b>9am-2.30pm</b> Gallipoli Mosque Excursion	<b>31</b> <b>9am-4pm</b> Chinese aged centre-based activities group <b>11am-3pm</b> Seniors Men's Guitar Group	

For further information about any of our activities please ask at front reception, on 9524 9559 or email: [aged@gcais.ngo.org.au](mailto:aged@gcais.ngo.org.au)

Website: <http://gymeacommunityaid.org.au>

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<b>English Classes</b> Mondays, Intermediate 10am-12pm; Bilingual Russian 10am-12pm; Beginners 12:15-2:15pm Gymea Community Aid & Information Service, 39 Gymea Bay Rd \$2	<b>Monday Aged Centre-based Activities Group</b> Mondays, 9am-3pm Bus pick up from home \$20 or \$30 for couple. Additional costs for outings	<b>Multicultural Aged Centre-based Activities Group</b> 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Tues of the month (except January), 9am-4pm Bus pick up from home \$20 or \$30 for couple. Additional costs for outings
<b>Computer/Tablet problem solving-Mandarin and Yue Chinese language</b> Tuesdays, 9:30-11:30am, Appointments Essential. Gymea Community Aid & Information Service, 39 Gymea Bay Rd \$2 or free with Meet Laugh Learn membership - \$20 per month, free for first session	<b>Indian Sub-Continent Aged Centre-based Activity Group</b> 4 <sup>th</sup> Tuesday of the month, 9am-4pm Bus pick up from home	<b>Shopping Bus</b> 1 <sup>st</sup> Tuesday of the month, 10am-1pm Bus pick up from home \$15 or \$20 for couple
<b>Zumba For Seniors</b> Wednesdays 12.30pm-2pm Gymea Community Centre, 39 Gymea Bay Road \$7 each session	<b>Chinese Tai Chi Social Group</b> Wednesdays 9-10am Gymea Community Centre, 39 Gymea Bay Road Self-managed, peer-led group Free	<b>Knitting and Sewing Group</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of the month Gymea Community Aid & Information Service, 39 Gymea Bay Rd
<b>Computer/Technology Classes – English or Spanish Language</b> Wednesdays, 1-3:45pm, 45 minute sessions Gymea Community Aid & Information Service, 39 Gymea Bay Rd \$35 for 5 x 45-minute session	<b>Wednesday Aged Centre-based Activities Group</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of the month, 9am-3pm Bus pick up from home \$20 or \$30 for couple. Additional costs for outings	<b>Chinese English Class</b> Wednesdays, 10:30-11:30am Gymea Community Aid & Information Service, 39 Gymea Bay Rd Gold Coin Donation
<b>Senior Men's Guitar Group</b> Thursdays, 11am-3pm Room 3, Gunnamatta Youth Centre, Cronulla \$5	<b>Chinese Aged Centre-based Activities Group</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Thurs of the month (except January), 9am-4pm Bus pick up from home \$20 or \$30 for couple. Additional costs for outings	<b>Senior Men's Discussion Group</b> 1 <sup>st</sup> Thursday of the month, 12:30-2:30pm Gymea Community Aid & Information Service, 39 Gymea Bay Rd \$5
<b>Greek Aged Centre-based Activities Group</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Thurs of the month, 9am – 4pm Bus pick up from home \$20 or \$30 for couple. Additional costs for outings	<b>Vision Impairment Social Support (VIPs)</b> 1 <sup>st</sup> Friday of the month, 9am-2pm Bus pick up from home \$20 or \$30 for couple. Additional costs for outings	<b>Latin American and Spanish Speaking Group</b> Fridays, 12:30-3pm Gymea Community Aid & Information Service, 39 Gymea Bay Rd \$5
<b>Warragamba Excursion</b> Wednesday 2 <sup>nd</sup> August 9am-2.30pm Bus pick up and drop off Gymea Community Aid & Information Service, 39 Gymea Bay Rd \$10/p.p.	<b>Gallipoli Mosque Excursion</b> Wednesday 30 <sup>th</sup> August 9am-2.30pm Bus pick up and drop off from Gymea Community Aid & Information Service, 39 Gymea Bay Rd \$10/p.p.	

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