

Community Gateway Over 65

Removable timetable to put on fridge

Shoalhaven Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Walking Group 9.00am - 1.00pm Weekly Location Changing</p>	<p>Tai Chi 10am, 11.30am, & 5.30pm Weekly Nowra Hub</p>	<p>Social Media BYOD 10.00am - 12.00pm Weekly Nowra Hub</p>	<p>Gardening 9:00am - 1:00pm Weekly Community Garden</p>	<p>Ladies Day Out 9.30am - 2.30pm Fortnightly Location changing see pages 6,7</p>
<p>Pottery 10.30am - 11.30pm Weekly Nowra Hub</p>	<p>Gentle Exercise 1.00pm - 2.00pm Weekly Nowra Hub</p>	<p>Bingo 12.00pm - 3.00pm Weekly Bomaderry Bowling Club</p>	<p>Shopping Bus 9.30am - 2.30pm Fortnightly Location: See page 13</p>	<p>Blokes Day Out 9.30am - 2.30pm Fortnightly Location changing see page 5</p>
<p>Art 11.30am - 12:30pm Weekly Nowra Hub</p>		<p>Chess Club 12.00pm - 2.00pm Weekly Nowra Hub</p>	<p>Dementia Twilight Tour 5.00 - 7.00pm Weekly Nowra Hub</p>	 <p>Program Bookings 0242248614</p>
<p>Knitting and Crocheting 1.00pm - 3.00pm Weekly Nowra Hub</p>		<p>Book Club 2.00pm - 4.00pm Monthly Nowra Hub</p>		