

Community Gateway Over 65 Shoalhaven Timetable

Removable timetable to put on fridge

Monday

Walking Group
9.00am - 1.00pm
Weekly
Location Changing

Pottery
10.30am - 11.30pm
Weekly
Nowra Hub

Art
11.30am - 12:30pm
Weekly
Nowra Hub

Knitting & Crocheting
1.00pm - 3.00pm
Weekly
Nowra Hub

Tuesday

Tai Chi
10am, 11.30am, & 5.30pm
Weekly
Nowra Hub

Gentle Exercise
1.00pm - 2.00pm
Weekly
Nowra Hub

Program Bookings



0242248614

Wednesday

Social Media
BYOD
10.00am - 12.00pm
Weekly
Nowra Hub

Bingo
12.00pm - 3.00pm
Weekly
Bomaderry Bowling Club

Chess Club
12.00pm - 2.00pm
Weekly
Nowra Hub

Book Club
2.00pm - 4.00pm
Monthly
Nowra Hub

Thursday

Gardening
9:00am - 1:00pm
Weekly
Community Garden

Shopping Bus
9.30am - 2.30pm
Fortnightly
Location: See page 4

Dementia Twilight Tour
5.00 - 7.00pm
Weekly
Nowra Hub

Friday

Ladies Day Out
9.30am - 2.30pm
Fortnightly
Location changing see page

Blokes Day Out
9.30am - 2.30pm
Fortnightly
Location changing see page

