


Community Gateway Over 65 Nowra Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Walking Group 9.00am - 1.00pm <i>Weekly</i> Location Changing</p>	<p style="text-align: center;">Tai Chi 10am, 11.30am, 2.30pm & 5.30pm <i>Weekly</i> Nowra Hub</p>	<p style="text-align: center;">Social Media BYOD 10.00am - 12.00pm <i>Weekly</i> Nowra Hub</p>	<p style="text-align: center;">Gardening 9:00am - 1:00pm <i>Weekly</i> Community Garden</p>	<p style="text-align: center;">Ladies Day Out 9.30am - 2.30pm <i>Fortnightly</i> Location changing see page</p>
<p style="text-align: center;">Pottery 10.30am - 11.30pm <i>Weekly</i> Nowra Hub</p>	<p style="text-align: center;">Gentle Exercise 1.00pm - 2.00pm <i>Weekly</i> Nowra Hub</p>	<p style="text-align: center;">Bingo 12.00pm - 3.00pm <i>Weekly</i> Bomaderry Bowling Club</p>	<p style="text-align: center;">Shopping Bus 9.30am - 2.30pm <i>Fortnightly</i> Location: See page 4</p>	<p style="text-align: center;">Blokes Day Out 9.30am - 2.30pm <i>Fortnightly</i> Location changing see page</p>
<p style="text-align: center;">Art 11.30am - 12:30pm <i>Weekly</i> Nowra Hub</p>		<p style="text-align: center;">Chess Club 12.00pm - 2.00pm <i>Weekly</i> Nowra Hub</p>	<p style="text-align: center;">Dementia Twilight Tour 5.00 - 7.00pm <i>Weekly</i> Nowra Hub</p>	
<p style="text-align: center;">Knitting & Crocheting 1.00pm - 3.00pm <i>Weekly</i> Nowra Hub</p>		<p style="text-align: center;">Book Club 2.00pm - 4.00pm <i>Weekly</i> Nowra Hub</p>	<p>Community Hub Wollongong 26 Atchison Street, Wollongong 2500. Ph: 02 4226 3611, 1300 657 473</p> <ul style="list-style-type: none"> info@communitygateway.net.au www.facebook.com/communitygateway www.twitter.com/commgateway follow Community Gateway 	