

Community Gateway NDIS

Shoalhaven Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Fishing 9:00am - 12:00noon Weekly Basin View</p>	<p>Tourist in your Town 9:00am - 3:00pm Weekly</p>	<p>MamaBake Playgroup 9:30am - 12:30pm Weekly Nowra Hub</p>	<p>Shopping Bus 9:00am - 3:00pm Weekly</p>	<p>Aqua 10:00am - 11:00am Weekly Bomaderry Aquatic Centre</p>	<p>Weekend Adventurers 9:00am - 3:00pm Weekly</p>
<p>Pottery 10:30am - 11:30am Weekly Nowra Hub</p>	<p>Tai Chi 10:00am - 11:00am 11:30am - 12:30pm 5:30pm - 6:30pm Weekly Nowra Hub</p>	<p>Photography 10:00am - 12:00noon Weekly Nowra Hub</p>	<p>Independent Living Skills 9:30am - 12:30pm Weekly Nowra Hub</p>	<p>Bowling 10:00am - 12:00noon Weekly Shoalhaven City Lanes</p>	<p>Weekend Warriors 9:00am - 3:00pm Weekly</p>
<p>Art 11:30am - 12:30pm Weekly Nowra Hub</p>	<p>Gentle Exercise 1:00pm - 2:00pm Weekly Nowra Hub</p>	<p>Bingo 12:00noon - 3:00pm Weekly Bomaderry Bowling Club</p>	<p>Drama 10:00am - 11:00am Weekly Nowra Hub</p>	<p>Blokes Day In 10:00am - 12:00noon Fortnightly Nowra Hub</p>	
<p>Walking Group 2:00pm - 4:00pm Weekly Nowra Hub</p>	<p>After School Activities 3:00pm - 5:30pm Weekly Nowra Hub</p>	<p>Zumba 1:00pm - 2:00pm Weekly Bomaderry Bowling Club</p>	<p>Younger Onset Dementia 10:00am - 1:00pm Weekly</p>	<p>Craft & Conversation 1:00pm - 3:00pm Weekly Nowra Hub</p>	
<p>After School Activities 3:00pm - 5:30pm Weekly Nowra Hub</p>		<p>Knitting & Crocheting 1:00pm - 3:00pm Weekly Nowra Hub</p>	<p>Gateway Groove 10:30am - 12:00noon Monthly Bomaderry Bowling Club</p>	<p>After School Activities 3:00pm - 5:30pm Weekly Nowra Hub</p>	
		<p>After School Activities 3:00pm - 5:30pm Weekly Nowra Hub</p>	<p>After School Activities 3:00pm - 5:30pm Weekly Nowra Hub</p>	<p>Friday Frenzy 5:00pm - 8:00pm Weekly Nowra Hub</p>	
		<p>Wednesday Night Social 5:00pm - 7:00pm Weekly Nowra Hub</p>	<p>Dementia Twilight Bus Tour 5:00pm - 7:00pm Weekly Nowra Hub</p>		

Program Bookings



0242248614

