

WHAT'S ON BEEAC COMMUNITY CENTRE JANUARY 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> 	<p>2 3 4 5</p> <p><i>Happy New Year!</i></p>			
<p>8</p>	<p>9</p> <p><i>Celebrate Elvis & an afternoon drive</i></p>  <p>YOGA 10am-11am</p>	<p>10</p>	<p>11</p> <p>Join Winchelsea SSG for an outing or inhouse</p> <p>Details on back</p> <p>Medical Clinic with Dr McDonald</p>	<p>12</p>
<p>15</p> <p>Strengthening & Walking Group 10am-11am</p>	<p>16</p> <p><i>Get Creative with Cards</i></p>  <p>YOGA 10am-11am</p>	<p>17</p> <p><i>Book Club 11am-2pm</i></p> 	<p>18</p> <p>Join Winchelsea SSG for an outing or inhouse</p> <p>Details on back</p> <p>Medical Clinic with Dr McDonald</p>	<p>19</p>
<p>22</p> <p>Strengthening & Walking Group 10am-11am</p>	<p>23</p> <p><i>Coastal Drive & Picnic Lunch</i></p>  <p>YOGA 10am-11am</p>	<p>24</p>	<p>25</p> <p>Join Winchelsea SSG</p> <p>Details on back</p> 	<p>26</p> 
<p>29</p> <p>Strengthening & Walking Group 10am-11am</p>	<p>30</p> <p><i>Growing Up in the 40's & 50's</i></p>  <p>YOGA 10am-11am</p>	<p>31</p>		

Please turn over for further information

Social Support Group Information

**Thursday 11/1– Portarlington Scenic Drive and lunch at the golf club
OR in-house program**

Thursday 18/1– Bunnings Torquay Craft OR in-house program

Thursday 25/1– All things Scottish in-house program

Men's Group will recommence on Monday 5th February

Program Times 10am-2.30pm, unless otherwise stated on the program.
Please note **bookings are essential** for all groups

Physiotherapy - 526712000

**Consultations available Mondays
By appointment**

Strengthening & Walking Groups 10am-11am

Medical Clinic –52928028

**Dr Rob McDonald
Appointments available Thursday**

Yoga

**Tuesdays 10-11am
For Enquiries please call- 52671200**

Children at Play

**Friday 10.30am -12.30pm during the School Term
For Enquiries please call- 52671200**