

# April 2021

Mon	Tue	Wed	Thu	Fri
			1 11am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>	2 <b>PUBLIC HOLIDAY</b>
5 <b>PUBLIC HOLIDAY</b>	6 Morning Tea 9.30 - 11.30am 2pm <b>Tai Chi Group</b>	7 1pm <b>Guitar Group Intermediate</b> 2pm <b>The Quest Group</b>	8 <b>Gold Coast Group</b> 1pm <b>Lotus Art Group</b>	9 10am <b>Mindful Movement</b>  Note: The Quest 2.30pm Saturday
12 10am <b>Creative Writing</b> with Edwina <b>Gympie Group</b>	13 <b>Morning Tea</b> 9.30 - 11.30am 11.30am -1.30pm <b>First Aid for your Heart</b> 2pm <b>Tai Chi Group</b>	14	15 1pm <b>Lotus Art Group</b>	16 <b>9.30am Mindful Movement</b> 10.30am <b>Ageing to Perfection Group (monthly)</b>
19 10am <b>Creative Writing</b> with Edwina	20 <b>Morning Tea</b> 9.30 - 11.30am <b>10.30 Bingo</b> 11.30am -1.30pm <b>First Aid or your Heart</b> 2pm <b>Tai Chi Group</b>	21	22 1pm <b>Lotus Art Group</b> <b>The Quest Group – Rehearsal Day</b>	23 10am <b>Mindful Movement</b> <b>The Quest Group – Rehearsal Day</b>
26 <b>PUBLIC HOLIDAY</b>	27 <b>Morning Tea</b> 9.30 - 11.30am 11.30am -1.30pm <b>First Aid for your Heart</b> 2pm <b>Tai Chi Group</b>	28	29 11am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>	30 10am <b>Mindful Movement</b>