

# March 2021

Mon	Tue	Wed	Thu	Fri
1 10am <b>Creative Writing</b> with Edwina	2 <b>Morning Tea</b> 9.30 - 11.30am  2pm <b>Tai Chi Group</b>	3  1pm <b>Guitar Group</b> <b>Intermediate</b>	4 11am <b>Dance &amp; Movement</b>  1pm <b>Lotus Art Group</b> <b>Gold Coast Group</b>	5  <b>10am Mindful Movement</b>
8 10am <b>Creative Writing</b> with Edwina  <b>Gympie Group</b>	9 <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>	10	11 11am <b>Dance &amp; Movement</b>  1pm <b>Lotus Art Group</b>	12  <b>10am Mindful Movement</b>
15 10am <b>Creative Writing</b> with Edwina	16 <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>	17	18 11am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>	19  <b>9.30am Mindful Movement</b>  <b>10.30am Ageing to Perfection</b> <b>Group (monthly)</b>
22 10am <b>Creative Writing</b> with Edwina	23 <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>	24	25 11am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>	26  <b>10am Mindful Movement</b>
29 10am <b>Creative Writing</b> with Edwina	30 <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>	31		