

October 2020

Mon	Tue	Wed	Thu	Fri
PLEASE NOTE: All Activities are Subject to Change due to COVID19 restrictions! BOOKINGS ARE ESSENTIAL			'The Healing Power of Story' Gold Coast One Day Workshop 11am Dance & Movement 1pm Lotus Art Group	Mindful Movement 10am-11am
Public Holiday	Ageing to Perfection Morning Tea 9.30 - 11.30am 1pm Guitar Group Intermediate 2pm Tai Chi Group		11am Dance & Movement 1pm Lotus Art Group	Mindful Movement 10am-11am
'The Healing Power of Story' Gympie One Day Workshop	'The Healing Power of Story' Brisbane One Day Workshop		11am Dance & Movement 1pm Lotus Art Group	Mindful Movement 10am-11am
10am Creative Writing with Edwina	Morning Tea & Hairdresser 9.30 - 11.30am 1pm Guitar Group Intermediate 2pm Tai Chi Group		11am Dance & Movement 1pm Lotus Art Group	Mindful Movement 10am-11am
	Morning Tea 9.30 - 11.30am 2pm Tai Chi Group	1pm Creative Writing with Edwina	11am Dance & Movement 1pm Lotus Art Group	Mindful Movement 10am-11am