



## **KALWUN WELLNESS CENTRE ACTIVITIES MAY 2024** For bookings, please call Kylie on 0427 362 657 or the office 5522 9197.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<ul> <li>Bookings for Wellness centre cu with Transport bookings</li> <li>Mondays cut off Thursday</li> <li>Tuesday cut off Friday</li> <li>Wednesday cut off Monday</li> </ul>	ut off's 3 days' notice in line <ul> <li>Thursday cut off Tuesday</li> <li>Friday cut off Wednesday</li> </ul>	1Walkabout WednesdayYarn up 10am, 11:30am at Jellurgal morning tea suppliedTrivia, Card games, Tech Class & iPad games, Aqua aerobics/ deep water running, Pamper day Shopping Aldi	<ul> <li>Carpet Bowls, Bingo Massage/falls prevention &amp; balance with Megan OT &amp; Matt Physio</li> <li>Aqua class 10am please book in with staff</li> <li>Art on the verandah</li> <li>CULTURE OF THE MONTH MEXICO - CINCO DE MAYO DAY</li> </ul>	<b>3</b> SWELL WATERLINES Hinze dam BBQ Lunch Picnic Morning Tea	
	6 Public Holiday public holiday centre closed	7 CLOSED Staff Training centre closed	8 Trivia, Card games, Tech Class & iPad games, Aqua aerobics/ deep water running, Pamper day Shopping Aldi KITE MAKING	9 Mother's Day Celebrations • Carpet Bowls, Bingo Massage/falls prevention & balance with Megan OT & Matt Physio • Aqua class 10am please book in with staff • Art on the verandah	<b>10 TWIN TOWNS</b> BYO Lunch Picnic Morning Tea	
	13 CULTURAL DAY Cultural day for Aboriginal and Torres Strait Islander consumers Yarning circle Cultural Guest speaker: Anthony Cora	14 Bingo, games, and trivia, puzzles and games, Tech Class & iPad games • Carpet Bowls Shopping Mudgeeraba SAVVY SENIORS SOCIAL AND EMOTIONAL VULNERABILITIES - MUST RSVP	15 Walkabout Wednesday Yarn up 10am, 11:30am at Jellurgal morning tea supplied Trivia, Card games, Tech Class & iPad games, Aqua aerobics/ deep water running, Pamper day Shopping Aldi Closing the Gap at GCU Book with staff	<ul> <li>16 • Carpet Bowls, Bingo Massage/falls prevention &amp; balance with Megan OT &amp; Matt Physio</li> <li>• Aqua class 10am please book in with staff</li> <li>• Walking group</li> <li>• Art on the verandah</li> <li>EUROVISION DRESS UP DAY</li> </ul>	17 WYNNUM PARK BBQ Lunch Picnic Morning Tea	
	20 CULTURAL DAY Cultural day for Aboriginal and Torres Strait Islander consumers Yarning Circle Art & Culture on the verandah CONSUMER MEETING	21 Bingo, games, and trivia, puzzles and games, Tech Class & iPad games • Carpet Bowls Shopping Mudgeeraba Strong and Deadly Group Palm Beach Community: Art in the Garden 10:30 - 12:00	22 Trivia, Card games, Tech Class & iPad games, Aqua aerobics/ deep water running, Pamper day Shopping Aldi Memory Art BYO LUNCH AT: Little Kiwi Bakehouse	23 • Carpet Bowls, Bingo Massage/falls prevention & balance with Megan OT & Matt Physio • Aqua class 10am please book in with staff • Walking group • Art on the verandah	24 NATIONAL SCAVENGER HUNT DAY Opp Shopping BYO Lunch Picnic Morning Tea	
•••	27 CULTURAL DAY Cultural day for Aboriginal and Torres Strait Islander consumers National Reconciliation Week Open Event	28 Bingo, games, and trivia, puzzles and games, Tech Class & iPad games • Carpet Bowls Shopping Mudgeeraba	29 Walkabout Wednesday Yarn up 10am, 11:30am at Jellurgal morning tea supplied Trivia, Card games, Tech Class & iPad games, Aqua aerobics/ deep water running, Pamper day Shopping Aldi	<ul> <li>30</li> <li>Carpet Bowls, Bingo Massage/falls prevention &amp; balance with Megan OT &amp; Matt Physio</li> <li>Aqua class 10am please book in with staff</li> <li>Walking group</li> <li>Art on the verandah</li> </ul>	31 FRIDAY MABO EVENT @ BONOGIN SITE	