



We can help you with your My Aged Care Social Support Group code which is required to attend the Wellness Centre

Lifetime Connect Wellness Centre Program
Term 4, 2023

Monday 9th October until 22nd December 2023

CHSP
\$50 per term

HCP
\$12 per class

Private Client
\$15 per class

Monday Tuesday Wednesday Thursday Friday

Guest Speaker Program
 9.00am - 10.00am
 Starts 16/10/2023

Strength and Balance
 9.00am-10.00am

Strength and Balance
 8.30am-9.30am

Yin Yoga
 9.00am-10.00am

Seated Meditation and movement with Nadia
 9.00am-10.00am

Chair Yoga and mindfulness with Melina
 10.00am - 11.00am

Information Technology for Seniors with Ion
 10.30am - 12.30pm

Strength and Balance
 9.30am- 10.30am

Meditation with Marie
 10.00am-10.30am

Gentle Chair Dance Yoga
 10.00am - 11.00am

Strength and Balance
 11.00am-12.00noon

Low impact dance Yoga (Standing) with Marie.
 1.00pm-2.00pm

Strength and Balance
 10.30am-11.00am (Assisted)

Gentle Chair Dance Yoga
 10.30am - 11.30am

Strength and Balance
 11.00am-12.00noon

Strength and Balance
 12.00pm-12.30pm (Assisted)

Food and Nutrition Cook, Explore and Eat
 12.00noon - 2.00pm

Strength and Balance
 12.00 noon -12.30pm (Assisted)

Ukulele Classes
 1.00pm-2.00pm
 BYO Ukulele
 Starts 16/10/2023

Strength and Balance
 12.30pm - 1.30pm



Please note:
Strength and Balance Classes and all yoga classes run through Term Breaks.