

VIRTUAL SOCIAL CENTRE **SAMPLE CALENDAR**

Multiple sessions held daily. Can't make the time? Watch the session on catch up. For more information visit feroscare.com.au/vsc

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>BREATH</p> <p>9.30AM</p> <p>BREATH, MOVEMENT & MEDITATION with Darci</p>	<p>9.00AM</p> <p>TOTAL BODY WORKOUT with Josh</p>	<p>10.00AM</p> <p>SEATED ZUMBA GOLD with Shantelle</p>	<p>9.00AM</p> <p>TECH TIME with Cameron</p>	<p>8.30AM</p> <p>TAI CHI QIGONG with Rod</p>	<p>9.00AM</p> <p>CORE AND PELVIC FLOOR with Clare</p>	<p>5.00PM</p> <p>MEDITATION AND MINDFULNESS with Evie</p>
	<p>10.30AM</p> <p>CREATIVE CRAFT JOURNAL with Lyndy</p>	<p>2.30PM</p> <p>SING TO FEEL GOOD with Julie</p>	<p>10.00AM</p> <p>THE BIG D (fortnightly) with Evie</p>	<p>9.00AM</p> <p>TOTAL BODY WORKOUT with Tim</p>	<p>9.45AM</p> <p>STABILITY AND BALANCE with Clare</p>	
	<p>12.00PM</p> <p>THE LUNCH ROOM with Andrew</p>	<p>3.00PM</p> <p>CORE AND PELVIC FLOOR with Clare</p>	<p>11.00AM</p> <p>DRAMA RAMA (fortnightly) with Deena</p>	<p>10.00AM</p> <p>FLEXIBILITY AND POSTURE with Oliver</p>	<p>11.00AM</p> <p>HEALTHY PANTRY with Leesa</p>	
	<p>1.45PM</p> <p>UKULELE CONTINUERS with Julie</p>	<p>3.00PM</p> <p>THE COFFEE CREW with Andrew</p>	<p>1.00PM</p> <p>TRIVIA AND TEA with Kerry</p>	<p>10.30AM</p> <p>ASK A LAWYER with Attwood Marshall Lawyers</p>	<p>12.00PM</p> <p>LEGACY LETTERS (fortnightly) with Margo</p>	
	<p>3.00PM</p> <p>CARD BINGO with Andrew</p>	<p>3.30PM</p> <p>THE READING ROOM (fortnightly) with Deborah</p>	<p>3.00PM</p> <p>MONTHLY BOOK CLUB (monthly) with Deborah</p>	<p>2.30PM</p> <p>SEATED TAI CHI with Rod</p>	<p>12.00PM</p> <p>WISDOM CIRCLES (fortnightly) with Margo</p>	
	<p>6.00PM</p> <p>SING TO FEEL GOOD with Julie</p>	<p>5.00PM</p> <p>MEDITATION AND MINDFULNESS with Evie</p>	<p>4.00PM</p> <p>SEATED TAI CHAIR with Casey</p>	<p>4.00PM</p> <p>GENTLE DANCE with Danielle</p>	<p>2.00PM</p> <p>THE MAN CAVE with Andrew</p>	