








CHARLESTOWN CARING GROUP

Lifestyle Choices Program - November 2018

"Your Choice - Your Program"

Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Shopping Bus Pick up from 9am Cost :\$15	2 Wellbeing Group Fernleigh Track Walk Redhead beach Lunch Pick up from 9.00am Cost : \$25	3	4
5	6 Social Connection Melbourne Cup Day Rosebuds Club \$40.00 per head 	7 Twilight group Movies and games at office  Cost: \$20 Includes evening meal Pick up from 12.30pm to 6.00pm	8 Lets get physical In office exercise classes with qualified instructor 10.00am(one hour) \$10.00	9 Mens Group Community outing Cost :\$15 Plus money for lunch Pick up from 9.00am	10	11
12	13 Social Connection Games/activities Lunch & Bingo Cost : \$20 	14 Twilight Group Green thumb Kotara Bunnings Pick up from 9am Cost : \$15 Plus money for lunch	15 Shopping Bus Pick up from 9am Cost :\$15 	16 Healthy and happy In office Exercises with qualified instructor and cooking demonstrations Light lunch provided 10.00am to 1.00pm \$25.00	17 CCG Fete 23 James Street Charlestown	18
19	20 Social Connection Blackbutt Reserve BBQ Cost: \$25 Pick up from 8.30am	21 Twilight Group Christmas craft at office Pick up from 12.30pm Cost: \$20 Evening meal Drop off 6pm	22 Lets get physical In office exercise classes with qualified instructor 10.00am(one hour) \$10.00	23 Mystery Bus Trip Pick up from 9am Cost: \$20 plus money for lunch	24 	25
26	27 Social Connection Outdoor games Lunch & Bingo at office Cost: \$20	28 Twilight group Op shopping Plus money for lunch Pick up from 10:30 Drop off at 3:30 pm Cost: \$15	29 Shopping Bus Pick up from 9am Cost : \$15	30 Volunteer Christmas function venue <u>NO GROUPS TODAY</u>		NOTE: This program may be changed due to unforeseen circumstances