

# KINGSFORD TERRACE | CORINDA ACTIVITY CALENDAR

## August 2019

- Kingsford Terrace Café Open Tuesday to Friday, 9.30am to 3pm
- Beauty Therapist Bec: Tuesday, Wednesday, Friday  
By appointment, Ph: 0409 805 346
- Hairdresser Ange: Monday, Thursday, Saturday  
By appointment, Ph: 0420 474 668
- **FGF Information Session 10am**
- **Birthday Sausage Sizzle Saturday 24th 12.30pm**
- **KT Residents Dinner Thursday 15th 6.30 for 7pm**

SUN	MON	TUES	WED	THURS	FRI	SAT
				<b>1</b> Craft Group 1pm Craft Room Table tennis 2pm Committee Meeting 2pm Board Room  KT Choir 4pm Litchfield #44	<b>2</b> Prescare Exercise 9:15-10:15am Fire Bloom Fitness Exercise 11-11.45 am  Drinks and Nibbles 3.30pm Café	<b>3</b>
<b>4</b>	<b>5</b> Fire Bloom Fitness Exercise 8.30-9.15 am  Scrabble 10.15am Café Area  Prescare Exercise 3-4pm	<b>6</b> *Prescare Aquatic Class 9:15-10:15am  Movement to Music Class 10.30am Mahjong 2-4 pm Level 1, Litchfield	<b>7</b> Tai Chi 9-10am Coffee & Chat 10:00am Café  Fire Bloom Fitness Exercise 11-11.45 am	<b>8</b> Five Good Friends Information Session 10am Function Rm  Craft Group 1pm Craft Room Table tennis 2pm	<b>9</b> Prescare Exercise 9:15-10:15am  Fire Bloom Fitness Exercise 11-11.45 am	<b>10</b>

\*TBC

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SUN	MON	TUES	WED	THURS	FRI	SAT
11	12 Fire Bloom Fitness Exercise 8.30-9.15 am  <b>Scrabble 10.15am Café Area</b>  Prescare Exercise Cancelled	13 *Prescare Aquatic Class 9:15–10:15am Movement to Music Class 10.30am <b>Hearing Clinic Suite 1 by appointment Mahjong 2–4 pm Level 1, Litchfield</b>	14 <b>EXHIBITION WEDNESDAY</b>  <b>PUBLIC HOLIDAY</b>	15 <b>Craft Group 1pm Craft Room</b>  <b>Table tennis 2pm</b>  <b>KT Choir 4pm Litchfield #44</b>  <b>KT Residents Dinner 7pm</b>	16   Fire Bloom Fitness Exercise 11–11.45 am	17
18	19 Fire Bloom Fitness Exercise 8.30-9.15 am  <b>Scrabble 10.15am Café Area</b>  Prescare Exercise 3-4pm	20 *Prescare Aquatic Class 9:15–10:15am  Movement to Music Class 10.30am <b>Mahjong 2–4 pm Level 1, Litchfield</b>	21 Tai Chi 9-10am <b>Coffee &amp; Chat 10:00am café</b> Fire Bloom Fitness Exercise 11–11.45 am Function Room	22  <b>Craft Group 1pm Craft Room</b>  <b>Table tennis 2pm</b>	23 Prescare Exercise 9:15-10:15am  Fire Bloom Fitness Exercise 11–11.45 am Function room	24 <b>BIRTH- DAY Sausage Sizzle from 12.30pm</b>
25	26 Fire Bloom Fitness Exercise 8.30-9.15 am  <b>Scrabble 10.15am Café Area</b>  Prescare Exercise 3-4pm	27 *Prescare Aquatic Class 9:15–10:15am  Movement to Music Class 10.30am <b>Mahjong 2–4 pm Level 1, Litchfield</b>	28 Tai Chi 9-10am <b>Coffee &amp; Chat 10:00am café</b>  Fire Bloom Fitness Exercise 11–11.45 am Function Room	29 <b>Craft Group 1pm Craft Room</b>  <b>Table tennis 2pm</b>  <b>KT Choir 4pm Litchfield #44</b>	30 Prescare Exercise 9:15-10:15am  Fire Bloom Fitness Exercise 11–11.45 am Function room	31

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