



Weekly Activity Schedule – July 2023

December -2023

Monday

Activity	Where	Time	Cost	Organiser	Contact
Doggy paper run (slow walk stop sniff and see)	22 Kenbrae	8.30am	FREE	Susan	0408 683 874
Gym @Karadi	Karadi	4.00pm	free	Karadi	62723511
Best Foot Forward Walking Group	Various	1:00pm	FREE	Lynette	0407 493 280
Goodwood goers	Goodwood Community Centre	9.30am – 10.30am	FREE	Chris	0448 210 089
Pilates	BUCAAN House	1-2pm	Free	BUCAAN House	6249 5363
Go Walking	BUCAAN House	1-3pm	Free	BUCAAN House	6249 5363

- *Come join the Doggy paper run around the Glenorchy area brent street, Pitcairn etc
- Gym Karadi *Low Impact exercise class go at your own pace.
- Best Foot Forward Walking Group - * Come along to walk for fun and fitness Lynette for more info see above.
- Goodwood Goers Walking Group - *Come along to walk for fun and fitness* contact Chris Tunks
- Programs at BUCAAN House CONTACT 6249 5363 (no programs July School Holidays)



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Tuesdays

Activity	Where	Time	Cost	Organiser	Contact
Doggy paper run (slow walk stop sniff and see)	22Kenbrae	8:30am start	free	Susan	0408683874
Southern Country Music & Rock and Roll Open Mic	Golden Years Club	7pm – 10pm	\$5.00	Golden years club	62722560
	7pm – 10pm golden years club				
Amazing Race July 4 th	Start at Karadi	9am	free	Karadi	62723511
Go Exercise	BUCAAN House	12-1pm	Free	BUCAAN House	6249 5363

- - *come join the Doggy paper run around the Glenorchy area brent street, Pitcairn etc
- Southern Country Music &Rock and Roll Open Mic – get along and listen to some fantastic music and join in (every Tuesday)
- Programs at BUCAAN House CONTACT 6249 5363 (no programs July School Holidays)



Weekly Activity Schedule – July December -2023

Wednesdays

Activity	Where	Time	Cost	Organiser	Contact
Goodwood Goers	Goodwood Community Centre	9-30 – 10-30	free	Chris Tunks	0448210089
Glenorchy School for Seniors	Golden Years Club	10 am - 11 am	free	Chris Tunks	0448210089
B&A Line Dancing	BUCAAN House	1-2pm	\$3.00	BUCAAN House	6248 5363

- Goodwood Goers Walking Group - *Come along to walk for fun and fitness* contact Chris Tunks
- Glenorchy School for Seniors come along and meet new people and enjoy the various guest speaker each week (314 main rd Glenorchy)
- Programs at BUCAAN House CONTACT 6249 5363 (no programs July School Holidays)



Weekly Activity Schedule – July 2023 December 2023 Thursdays

Activity	Where	Time	Cost	Organiser	Contact
Doggy paper run (slow walk stop sniff and see)	22Kenbrae	8-30	free	Susan Job	0408683874
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Circuit Training	Karadi	4-445 pm			62723511
B&A Line Dancing	BUCAAN House	9:30 – 11:30am	\$3.00	Bucaan House	62495363
All about Fitness	Montrose bay				
Eating with friends	Goodwood Community centre	12-2pm	\$12.00		6272 2560
Live Well Live Long 11-week program see below for more info	Glenorchy Community Centre	10am - 11am	free	GHC	6166 7602
Eating with Friends @Karadi	Karadi	12- 1.30pm	\$5.00	Karadi	

- *come join the Doggy paper run around the Glenorchy area (brent street, Pitcairn etc
- **Programs at BUCAAN House CONTACT 6249 5363 (no programs July School Holidays**
- Eating with friends Goodwood every Thursday (booking essential Friday prior on 6272 2560
- Live Well Live Long 11-week program July 20th -September 28th
- Eating with Friends @Karadi last Thursday of the month (booking essential Friday prior on 6272 3511



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Fridays

Activity	Where	Time	Cost	Organiser	Contact
Doggy paper run (slow walk stop sniff and see)	Glenorchy	8-30	N/C	Susan Job	0408683874
Glenorchy Snails walking group	Glenorchy Library	10am	free	Sandra Elliot	6272 5272

- *come join the Doggy paper run around the Glenorchy area (brent street, Pitcairn etc
- Come join the Glenorchy Snail for a nice easy paced walk meeting at Glenorchy Library forecourt