

DROP IN MONDAY

- Join us Monday's 10.00am - 2.00pm in a casual relaxing and friendly environment. @ Keilor Sports Club, KEILOR
- Bottomless Coffee / Tea and a biscuit **\$1.00**
- Chat around tables with Friends old and new...
- Theme Days

What we do!

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|------------------------------|----------|-----------------------------------|
| <u>1st Monday</u> | 11.00am | Bingo |
| | 12.00pm | Chair Aerobics |
| <u>2nd Monday</u> | | Members monthly draw |
| | 12.00pm. | Hip Hop (incl. weight exercise) |
| <u>3rd Monday</u> | 10.00am | Trading Table (Bric -a-brac) etc. |
| | 11.00am | Bingo - Raffles - Book Sale |
| | 12.00pm | Hip Hop (incl. weight exercise) |
| <u>4th Monday</u> | 11.00am | Various Speakers (as advertised) |
| | 12.00pm | Hip Hop (incl. weight exercise) |

- Our 'Activities Table' contains listings to register interest in various outside Activities eg: Live Theatre - Bus Trips, - Lunch Dine Outs, Expressions of Interest...Breakfast
- Check out the numerous other activities available on this Web Page.
- **Something for everyday of the week.....**



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- **Membership is a \$35.00 Joining Fee which includes first year of Membership and the cost of your Name Badge, after which the annual fee is \$25.00 per year.**
- **Membership is required after 3 attendances...**
- **Just drop in anytime to a warm welcome...**