

| MON | TUES | WEDS | THURS | FRI |
|---|---|---|---|--|
| <p>"YOGA" 10:30am – 11:30am \$2</p> <p>"EVENING CHOIR" 6pm – 7:30pm FREE</p> | <p>"COOKING WITH JEN" 10am – 11am \$2</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p> | <p>1 "SPANISH SPEAKING LESSONS" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p> | <p>2 "GENTLE EXERCISE" 10am – 11am \$2</p> <p>"LEARN HOW TO HOST A ZOOM MEETING" 2pm – 3:30pm \$2</p> | <p>3 "FRIDAY CHIT CHAT" 10am – 11:30am FREE</p> <p>"YOGA" 2pm – 3pm \$2</p> |
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| <p>13 "YOGA" 10:30am – 11:30am \$2</p> <p>"EVENING CHOIR" 6pm – 7:30pm FREE</p> | <p>14 "COOKING WITH JEN" 10am – 11am FREE</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p> | <p>15 "SPANISH SPEAKING LESSONS" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p> | <p>16 "GENTLE EXERCISE" 10am–11am \$2</p> <p>"LEARN HOW TO HOST A ZOOM MEETING" 2pm – 3:30pm \$2</p> | <p>17 "FRIDAY CHIT CHAT" 10am – 11:30am FREE</p> <p>"YOGA" 2pm – 3pm \$2</p> |

To register call **1300 134 332** or
Email: customercare@yourside.org.au

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| <p>20</p> <p>"YOGA" 10:30am – 11:30am \$2</p> <p>"EVENING CHOIR" 6pm – 7:30pm FREE</p> | <p>21</p> <p>"COOKING WITH JEN" 10am – 11am \$2</p> <p>"NEW MOVES DANCE CLASS" 4pm – 5:30pm \$4</p> | <p>22</p> <p>"SPANISH SPEAKING LESSONS" 10am – 11:30am \$2</p> <p>"HUMPDAY TRIVIA" 2pm – 4pm \$2</p> | <p>23</p> <p>"GENTLE EXERCISE" 10am – 11am \$2</p> <p>"LEARN HOW TO HOST A ZOOM MEETING" 2pm – 3:30pm \$2</p> | <p>24</p> <p>"FRIDAY CHIT CHAT" 10am – 11:30am FREE</p> <p>"YOGA" 2pm – 3pm \$2</p> |
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WELCOME!

Welcome to another month at **Your Space: A Virtual Hub For Seniors**. We are glad to see our online community growing and encourage you to continue participating and trying new things. If you feel you need help with computer and internet set up in your home, please give us a call and we will arrange a care worker to assist you, at no cost.



For those who would like to participate in an activity but are unable to join online, there is the option to dial in via landline or mobile phone. You will not be able to see the group, but you will be able to be a part of the conversation. If you would like to dial in, please advise us at the time of booking. Please read the description of each activity to see if this option is available.



These activities are designed for clients to maintain engagement with one another in a light hearted, fun manner. In addition to seeing each other as participants, you will recognise a few familiar and friendly faces running these activities. If you have a skill and would like to run an activity, whether or not as a series or a one of, give us a call. We would love to include you in the next calendar!



RETURN TO SOCIAL OUTINGS – WATCH THIS SPACE...

In light of the federal government's latest response to the Coronavirus situation, Your Side is preparing to resume group outings in the community in the near future. To help us plan an effective and safe return we would love to hear your thoughts and suggestions. Please call us on **1300 134 332** to speak to **Jennifer**.



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| DATES: | Mondays and Fridays |
| EVENT: | YOGA |
| DESCRIPTION: | Improve your balance and increase your strength through fluid movement sequences and yoga postures. The class is designed to adapt to all fitness levels. A 5-minute assessment of your physical health will be conducted at the time of booking. |
| COST: | \$2 |
| TIMES | Monday: 10:30am - 11:30am Friday: 2pm - 3pm |

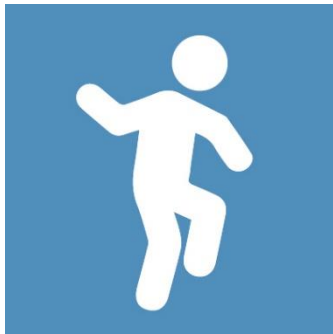


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| DATES: | Mondays |
| EVENT: | EVENING CHOIR |
| DESCRIPTION: | For the songbirds and Rock 'n' Rollers at heart, join us on Monday evenings to practice your vocals to pop, world music and folk songs, with a pianist or in an acapella, under the instruction of your choir mistress, Naomi. |
| COST: | FREE |
| TIMES | 6pm - 7:30pm |





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| DATES: | Tuesdays |
| EVENT: | COOKING WITH JEN |
| DESCRIPTION: | This series is aimed at the cook at heart to talk about recipes, cooking techniques and healthy eating options. Some sessions will include demonstrations by yours truly where clients can join in their own kitchen, or simply watch the fun and provide tips. Clients are welcome to cook these same recipes at their own time and share images with the group. Because, if we can't sit at the same table, we can still eat the same meal! |
| COST: | \$2 |
| TIMES | 10am - 11am |



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|---------------------|---|
| DATES: | Tuesdays |
| EVENT: | NEW MOVES DANCE |
| DESCRIPTION: | Join in the fun with Pauline as she guides you through gentle dance movements to increase your fitness and lift your spirits. |
| COST: | \$4 |
| TIMES | 4pm - 5:30pm |





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| DATES: | Wednesdays |
| EVENT: | THINK SPANISH WITH AMPARO AND FRIENDS |
| DESCRIPTION: | <p>A 6 week course for beginners and those wanting to freshen up or practice their Spanish speaking skills. Learn in a relaxed environment with fellow Social Support client, Amparo, who will guide you through her native tongue with reference material and exercises emailed/sent to you. For a comprehensive cultural experience, guest speakers will pop in to share stories of their Spanish influenced homeland.</p> <p>Come and join the first class to find out more!</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p> |
| COST: | \$2 |
| TIMES | 10am - 11:30am |



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|---------------------|---|
| DATES: | Wednesdays |
| EVENT: | HUMPDAY TRIVIA |
| DESCRIPTION: | <p>How many notes in an octave? Who wrote <u>To Kill A Mocking Bird</u>? Who is the longest standing Australian Prime Minister? If you know the answer to these or keen to find out, join us for an afternoon of trivia.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p> |
| COST: | \$2 |
| TIMES | 2pm - 4pm |





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| DATES: | Thursdays |
| EVENT: | GENTLE EXERCISES WITH SERGIO |
| DESCRIPTION: | Join us for a fun session of gentle exercises to improve your health and fitness. Benefits includes improvements to balance, flexibility, strength and endurance. Exercises will be modified to your own fitness levels and there is need to purchase equipment as you can use canned goods and bottles for weights. A 5-minute assessment of your physical health will be conducted at the time of booking. |
| COST: | \$2 |
| TIMES | 10am - 11am |

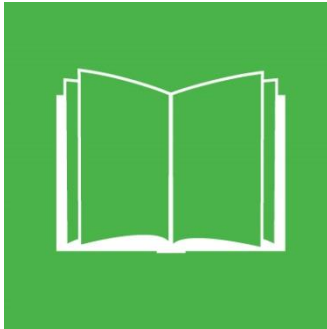


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| DATES: | Thursdays |
| EVENT: | LEARN HOW TO HOST A ZOOM MEETING |
| DESCRIPTION: | Now that you're skilled in participating in a Zoom session, learn how to schedule and host your own sessions. A great way to stay connected with family and friends and impress the grandkids! |
| COST: | \$2 |
| TIMES | 2pm - 3:30pm |





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| DATES: | 1st, 3rd, 4th 5th Friday of the month |
| EVENT: | FRIDAY CHIT CHAT |
| DESCRIPTION: | After a long week, why not unwind with a cuppa and have a yarn with old mates. Use this time to share news of that week, recipes tried and tested, and keep up to date with the latest Netflix series! To ensure everyone has a say and people can be heard, conversations will be guided by a facilitator. <i>Clients are welcome to dial in via landline or mobile phone.</i> |
| COST: | FREE |
| TIMES | 10am - 11:30am |



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|---------------------|---|
| DATES: | 2nd Friday of the month |
| EVENT: | BOOKWORMS |
| DESCRIPTION: | For lovers of the written word, join us on the 2 nd Friday of the month for a discussion on the group's latest chosen read. For the first meet, come with your top picks for the group to explore and decide on a list. Participation can be casual, and you can find out the titles of the month's read by giving us a call. <i>Clients are welcome to dial in via landline or mobile phone.</i> |
| COST: | \$8 (includes cost of book – either hard copy and postage or e-book) |
| TIMES | 10am - 11:30am |

