# WEEK 1

16 January 2020

# Laughing Exercises

Having a good laugh can relieve tension and stress leaving your muscles more relaxed. Come along for a morning of laughs with others in a relaxed environment.

#### WEEK 3

30 January 2020

# Garden Tips & Cutting Swap

Do you have some garden tips you would like to share with others or some clippings that others can grow plants from? Come along to this session to swap and learn all about garden.

### WEEK 5

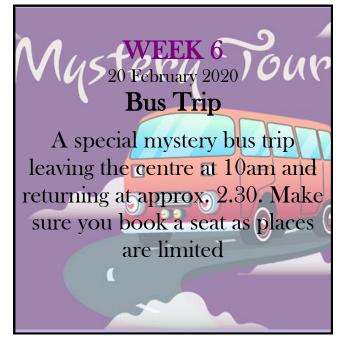
13 February 2020

# Animal Shelter & Adoption

A speaker from Greater Shepparton City Council will come along and speak about the local animal shelter and animal adoption.









### WEEK 9

12 March 2020

#### **PowerPoint**

Do you know how to use PowerPoint? This session we will show you some of the amazing things you can do with PowerPoint.







10 Week Program

Commencing 16 January 2020

Thursday 10.00am to 12.00pm

\$5 Per Session

South Shepparton Community Centre 11 Service Street, Shepparton Phone (03) 5821 6172

# WEEK 8

5 March 2020

### Memory Lane

For this session you are encouraged to bring along photos of you and your loved ones from the past. Share with the group and take a trip down memory lane.