



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 2

23 January 2020

Cards

Come and play a variety of card games with friends. Learn some new card games or play the ones you love.



WEEK 4

6 February 2020

Art and Craft

A session filled with art and craft. Learn something new or just enjoy creating craft with others.



WEEK 6

20 February 2020

Bus Trip

A special mystery bus trip leaving the centre at 10am and returning at approx. 2.30. Make sure you book a seat as places are limited

WEEK 7

27 February 2020

Malaysia

This session will have a speaker come along and talk about their journey from Malaysia to Australia.

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.

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.

WEEK 10

19 March 2020

Breakup & Games

Today will be a casual breakup for the end of Term 1; 2020. We will have some games and reflect on this Term of Live, Love, Laugh.



**South Shepparton
Community Centre**



10 Week Program

Commencing 16 January 2020

Thursday 10.00am to 12.00pm

\$5 Per Session

South Shepparton Community Centre

11 Service Street, Shepparton

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