

2024 . DECEMBER



Thrive 50+

Healthy Ageing Month of DECEMBER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
<p>Please note some groups & activities are closed over Christmas & New Year</p>	<p>Stawell Neighbourhood House closed from 12pm 19/12/2024</p>	<p>Stawell Senior Citizens Club closed from 13/12/2024</p>	<p>Thursday 5th December Stawell Walk Against Family Violence meet at Stawell Library 10.30am for the start of the walk</p>	<p>Stawell U3A Club closed from 6/12/2024</p>		<p>1 1pm Stawell Orchid Society Monthly Meeting (Sen Cit) 2pm Grampians Writers Group Stawell Library 2pm Conversational English (SNH)</p>
<p>2 9am Tai Chi (U3A & SNH) 10am Active for Life (SSAC) 10.30am Active Ageing (SSAC) 10.45am Water Aerobics (SSAC) 2pm Chain Gang Crochet Group (SNH)</p>	<p>3 9am Stawell Men's Shed (SMC) 10am Walking Group Cato Park 10am Rock up to Pickleball (SSAC) 10am U3A Art Group (STH) 10am Tai Chi (Sen Cit) 1pm Easy Crossword & Trivia (U3A) 1.30pm Yarn Group (Sen Cit) 6pm Taekwondo (Sen Cit)</p>	<p>4 9am Stawell Men's Shed 10am Card's for fun (U3A) 10.30am Active Ageing (SSAC) 12.30pm Bee Busy Stitching (SNH) 6.15pm Yoga with Kristin (SNH) 7pm Indoor Carpet Bowls (Sen Cit)</p>	<p>5 9am Stawell Men's Shed 10am Devonshire Tea (AC) 9.30am Beginners Line Dancing (Sen Cit) 10.45am Water Aerobics (SSAC) 10.45am Easy Intermediate Line Dancing (Sen Cit) 10.45am Water Aerobics (SSAC) 5pm Rock up to Pickleball (SSAC) 6pm Taekwondo (Sen Cit) 6.15pm Water Aerobics (SSAC) 7pm Stawell Brass Band (SBB)</p>	<p>6 10.30am Active Ageing (SSAC) 11.30am FIT 4 LIFE Chair based exercise (Sen Cit) 1pm Indoor Carpet Bowls (Sen Cit) 1pm U3A Trackside Bistro End of Term Lunch 7pm Stawell Brass Band Practice</p>	<p>7 9.30am to 11.30am Rock up to Pickleball (SSAC) 12pm Meditation at Stawell Library</p>	<p>8 2pm Conversational English (SNH)</p>
<p>9 9am Tai Chi (U3A & SNH) 10am Active for Life (SSAC) 10.30am Active Ageing (SSAC) 10.45am Water Aerobics (SSAC) 2pm Chain Gang Crochet Group (SNH)</p>	<p>10 9am Stawell Men's Shed 10am Walking Group Cato Park 10am Rock up to Pickleball (SSAC) 10am U3A Art Group (STH) 10am Gold Reef Ladies Probuss (SHRC) 10am Tai Chi (Sen Cit) 1.30pm Yarn Group (Sen Cit) last session for 2024 6pm Taekwondo (Sen Cit)</p>	<p>11 9am Stawell Men's Shed 10.30am Active Ageing (SSAC) 12pm Christmas Community Lunch (Sen Cit) 12.30pm Bee Busy Stitching (SNH) 6.15pm Yoga with Kristin (SNH) 7pm Indoor Carpet Bowls (Sen Cit) 7pm CWA Craft Session (Lib)</p>	<p>12 9am Stawell Men's Shed 9.30am Beginners Line Dancing 10.45am Easy Intermediate Line Dancing 10.45am Water Aerobics (SSAC) 2pm Ladies Cuppa Group (LIB) 5pm Rock up to Pickleball (SSAC) 6pm Taekwondo (Sen Cit) 6.15pm Water Aerobics (SSAC) 7pm Stawell Brass Band (SBB)</p>	<p>13 10.30am Active Ageing (SSAC) 11.30am FIT 4 LIFE Chair based exercise (Sen Cit) 1pm Indoor Carpet Bowls (Sen Cit) last session for 2024 2pm Fridays Boredom Busting Boardgames (SNH) 7pm Stawell Brass Band Practice</p>	<p>14 9.30am to 11.30am Rock up to Pickleball (SSAC) 12pm Meditation at Stawell Library</p>	<p>15 2pm Conversational English (SNH)</p>
<p>16 9am Tai Chi (U3A & SNH) 10am Active for Life (SSAC) 10.30am Active Ageing (SSAC) 10.45am Water Aerobics (SSAC) 2pm Chain Gang Crochet Group (SNH)</p>	<p>17 9am Stawell Men's Shed 9am Tai Chi (SNH) 10am Walking Group Cato Park 10am Rock up to Pickleball (SSAC) 10am Tai Chi (Sen Cit) last session for 2024 6pm Taekwondo (Sen Cit)</p>	<p>18 9am Stawell Men's Shed 10.30am Active Ageing (SSAC) 12.30pm Bee Busy Stitching (SNH) 6.15pm Yoga with Kristin (SNH)</p>	<p>19 9am Stawell Men's Shed (SMC) 10.45am Water Aerobics (SSAC) 2pm Ladies Cuppa Group (LIB) 5pm Rock up to Pickleball (SSAC) 6.15pm Water Aerobics (SSAC) 7pm Stawell Brass Band (SBB) Stawell Neighbourhood House closes at 12pm today for Holidays</p>	<p>20 10.30am Active Ageing (SSAC) 7pm Stawell Brass Band Practice</p>	<p>21 9.30am to 11.30am Rock up to Pickleball (SSAC) 12pm Meditation at Stawell Library</p>	
<p>23 10am Active for Life (SSAC) 10.30am Active Ageing (SSAC) 10.45am Water Aerobics (SSAC)</p>	<p>24 9am Stawell Men's Shed 10am Walking Group Cato Park 10am Rock up to Pickleball (SSAC) 10am U3A Art Group (STH) 6pm Taekwondo (Sen Cit) Thrive 50+ Hub & Stawell Library closes at 12pm</p>	<p>25 Christmas Day</p>	<p>26 Boxing Day </p>	<p>27 Thrive 50+ Hub & Stawell Library closed</p>	<p>28 Stawell Library closed</p>	<p>29 Stawell Library closed</p>
<p>30 Please note: SSAC Active for Life, Active Ageing & Water Aerobics classes return from 2nd Jan</p>	<p>31 New Years Eve Old Time Dance at Stawell Senior Citizens Club contact Alan 53583624 Thrive 50+ Hub & Stawell Library closed</p>	<p>Please check with staff at Stawell Sports & Aquatic Centre for any program changes over the Christmas break</p>	<p>Thursday 5th Stawell Walk Against Family Violence meet at Stawell Library 10.30am for the start of the walk</p>	<p>Final Fit 4 Life session 13/12/2024 restarting in New Year</p>		

