



**ABORIGINAL
COMMUNITY
ELDERS
SERVICES INC.**

Programs operate from Monday – Friday
11:00am – 2:00pm
Men's shed – TBC

AUGUST 2023

Mon	Tue	Wed	Thu	Fri
	1 Training/Admin day NO PAG	2 Light Exercise with Physiotherapist Lunch iPad Lesson with Sarah	3 Arts & crafts Lunch Arts & crafts Monthly Birthday celebration	4 Massage Therapy & Light Exercise Lunch Hydrotherapy
7 Pottery & Massage Therapy Lunch Pottery	8 Mind Body & Spirit Day Massage Therapy Tai chi Guided Meditation Physiotherapist 1:1 appointment – Bookings essential	9 Light Exercise with Physiotherapist Lunch iPad Lesson with Sarah	10 Arts & crafts Lunch Arts & crafts	11 Massage Therapy & Light Exercise Lunch Hydrotherapy
14 Sun Theatre Movie Day – ‘About My Father’ Comedy	15 Mind Body & Spirit Day Massage Therapy Tai chi Guided Meditation	16 Light Exercise with Physiotherapist Lunch iPad Lesson with Sarah	17 Arts & crafts Lunch Arts & crafts	18 Massage Therapy & Light Exercise Lunch Hydrotherapy
21 Pottery & Massage Therapy Lunch Pottery	22 Mind Body & Spirit Day Massage Therapy Tai chi Guided Meditation	23 Light Exercise with Physiotherapist Lunch iPad Lesson with Sarah	24 Arts & crafts Lunch Arts & crafts	25 Massage Therapy & Light Exercise Lunch Hydrotherapy
28 Possum Skin Burning with Emma Bamblett & Massage therapy	29 Mind Body & Spirit Day Massage Therapy Tai chi Guided Meditation	30 Light Exercise with Physiotherapist Lunch iPad Lesson with Sarah	31 Arts & crafts Lunch Arts & crafts	

(WP) Weather Pending

(TBC) To Be Confirmed

Programs subject to change

