

Fortnightly timetable of Events

Monday 15/10	Tuesday 16/10	Wednesday 17/10	Thursday 18/10	Friday 19/10
09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café
10:15 – 15:00 Massage Appts	09:00 – 09:45 PT Circuit Group, In-Centre	09:00 – 09:45 Boxing Circuit	09:00 – 09:45 PT Circuit Group, In-Centre	Mental Health Week ‘DAY’ *Kinetic Sand *Mindful Colouring **12noon BBQ**
12:30 – Yoga In-Centre	10:00 – Pilates In-Centre	09:00 – 10:30 STAIR Program Week 7/12 CLOSED GROUP	10:00 - Pilates In-Centre	09:30 – Yoga Cnr McDonald & Kent Street Gulliver
	11:00 - Tai Chi In-Centre	10:00 – 13:00 Physio Appts	10:00 Partners Support Group POSTPONED	10:00 – 12:00 Art Class Pet Portraits Week 4/4 RSVP Essential Drill Hall Studio
	Mini Mates Museum of Tropical QLD Flinders Street, Townsville 9:30 – 11am RSVP Essential	10:30 – 12:30 Wheelchair Basketball	10:15 – 15:00 Massage Appts	12:00 – 14:00 Music
		11:00 Hydrotherapy Long Tan Pool @ Heatley		BOOKINGS BY APPOINTMENT Bob Kinnane Commissioner of Declarations (QLD) <i>Signing of Documents in FRC</i>
Monday 22/10	Tuesday 23/10	Wednesday 24/10	Thursday 25/10	Friday 26/10
09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café	09:00 – 12:30 Pop-Up Café
10:15 – 15:00 Massage Appts	09:00 – 09:45 PT Circuit Group, In-Centre	09:00 – 09:45 Boxing Circuit	09:00 – 09:45 PT Circuit Group, In-Centre	09:00 Walk Love Lane Mundingburra
12:30 – Yoga In-Centre	10:00 – Pilates In-Centre	09:00 – 10:30 STAIR Program Week 8/12 CLOSED GROUP	10:00 – Pilates In-Centre	09:30 – Yoga Cnr McDonald & Kent Street, Gulliver
10:00 – 12:00 Movie Maker Course Run by Gonzo @ FRC RSVP Essential	CAIRNS 10am Coffee Catch Up @ The Tattooed Sailor	10:15 – 15:30 Massage Appts	10:15 – 15:00 Massage Appts	12:00 – 14:00 Music
	11:00 - Tai Chi In-Centre	10:30 – 12:30 Wheelchair Basketball		BOOKING BY APPOINTMENT Bob Kinnane Commissioner of Declarations (QLD) <i>Signing of Documents in FRC</i>
		11:00 Hydrotherapy Long Tan Pool @ Heatley		