






## Seniors Groups Timetable

	Morning		Afternoon	
<b>Monday</b>	<p><b>WALKING GROUP</b>  <b>Location:</b> Starting point Belconnen Community Centre, Swanson Court  <b>Time:</b> 9:30 – 12.30am  <b>Duration:</b> 15 February to 29 March  <b>Sessions:</b> Weekly</p>			
<b>Tuesday</b>	<p><b>TRIVIA AND GAMES</b>  <b>Location:</b> Belconnen  <b>Time:</b> 9.45am – 12.15pm  <b>Start date:</b> 19 January  <b>Sessions:</b> Weekly</p>		<p><b>VIRTUAL REALITY</b>  <b>Location:</b> Belconnen  <b>Time:</b> 1pm – 4.45pm  <b>Start date:</b> 19 January  <b>Sessions:</b> Weekly</p>	
<b>Wednesday</b>	<p><b>MUSIC – LEARN TO DRUM COURSE</b>  <b>Location:</b> Belconnen  <b>Time:</b> 10.00am – 11.30am  <b>Start date:</b> 20 January  <b>Sessions:</b> 8</p>			
<b>Thursday</b>	<p><b>CREATIVE ARTS GROUP</b>  <b>Location:</b> Belconnen  <b>Time:</b> 10.00am – 12.00pm  <b>Start date:</b> 21 January  <b>Sessions:</b> Weekly</p>			
<b>Friday</b>				

**INVOLVE** also runs excursions and movie days for our participants. Dates and times vary for these activities so make sure to email [involve@crs.com.au](mailto:involve@crs.com.au) or call 02 6278 8101 or 02 6264 0200 to register.