

Senior Citz Welcomes you back in 2023!

Tai Chi/Qi Gong is back With Rob McAlpine!

*Fridays

Starts Friday 20th January

9.15am to 10.15am

\$10 members

\$12 non-members



Musical afternoon

With David Walters & Cathy Chan

*Wednesday 22nd February at 1.00pm

Birthday celebrations for January and February

\$8 members & \$10 non-members

Activities held at 271 Gatton Street, Westcourt 4870

Please book via:

Email cdscag@gmail.com or phone 0498 004 141



Senior Citz Welcomes you back in 2023!

Senior Citz Talk!

*Wednesday 1st March at 10am with Morning Tea

Aged Care Compass.

Steps and guidance through the complex Aged Care System.

Residential Care with David Halling- National Admissions manager of infinite Care.

Coral Wilkinson from **See Me Aged Care Navigator.**
On steps to take to get the care you need.

\$3 members & \$5 non-members



Musical Afternoons

with **Off the Record** will resume on
Wednesday March 8

and continue on the second and fourth Wednesday of the month.
The 4th Wednesday will include Birthday celebrations of the month.



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