



# SENIORS WEEK AT NUNAWADING

## **“GAMES, MUSIC AND MOVEMENT”**

Come along and enjoy three days of fun at U3A Nunawading on the Tuesday, Wednesday and Thursday of Seniors Week in the **Seniors Hall**.  
The event is also open to other senior members of the public, so bring along your friends.

### **“GAMES” Tuesday, 4 October**

*If you enjoy games, come along and play one of the following:*



- 10.00am Chess
- 12.00 noon Cards (Hand & Foot) - Namatjira Room
- 1.00pm Mahjong (Eastern)



### **“MUSIC” Wednesday, 5 October**

*One-hour performances of great music and singing:*

- 10.00am Music Makers
- 11.15am Choir
- 12.30pm Nunawading Jazz Class
- 2.00pm Silver Grove Swing Band



### **“MOVEMENT” Thursday 6 October**

*Thirty minute sessions you can simply watch or have fun and join in:*

- 10.00am Qi Gong
- 10.40am Eight Form Moving Meditation
- 11.20am Tai Chi Wu Style
- 12.00noon Fit & Active Exercise
- 12.40pm Philippines Cultural Dancing
- 1.10pm Greek Dancing
- 1.50pm Line Dancing
- 2.30pm Belly Dancing



There will also be Tattling demonstrations from 10am – 3pm in the **Seniors Meeting Room** on Thursday 6 October.

For further information, please phone 9878 3898.