



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.