



**CLUB ACTIVE**<sup>®</sup>  
Change the way you age

# 2022 EVENT CALENDAR

## FEBRUARY

- 2 - Wellness Wednesday
  - 10:30am: New Members Morning Tea
  - 6:00pm: Education Evening - Heart health & Exercise

## MARCH

- 2 - Wellness Wednesday
  - 10:30am: New Members Morning Tea
  - 6:00pm: Education Evening - Brain Health & Exercise

## APRIL

- 6 - Wellness Wednesday
  - 10:30am: New Members Morning Tea
  - 6:00pm: Education Evening - Veteran Health & Exercise

## MAY

- 4 - Wellness Wednesday
  - 10:30am: New Members Morning Tea
  - 6:00pm: Education Evening - Bone Health & Exercise
- 8 - Mother's Day Classic Fun Run
- 19 - Australia's Biggest Morning Tea
- TBA - Longevity Conference

## JUNE

- 1 - Wellness Wednesday
  - 10:30am: New Members Morning Tea
  - 6:00pm: Education Evening - Metabolic Health & Exercise

## JULY

- 6 - Wellness Wednesday
  - 10:30am: New Members Morning Tea
  - 6:00pm: Education Evening - Respiratory Health & Exercise

## AUGUST

- 3 - Wellness Wednesday
  - 10:30am: New Members Morning Tea
  - 6:00pm: Education Evening - Weight Loss & Exercise
- 28 - 3 Sep - Legacy Week

## SEPTEMBER

- 7 - Wellness Wednesday
  - 10:30am: New Members Morning Tea
  - 6:00pm: Education Evening - Cancer & Exercise
- 14 - The Long Run - Prostate Cancer Awareness
- 30 - Breast Cancer Awareness Morning Tea

## OCTOBER

- 5 - Wellness Wednesday
  - 10:30am: New Members Morning Tea
  - 6:00pm: Education Evening - Mental Health & Exercise
- 15 - Cancer Council Relay For Life
- 30 - Grandparents Day

## NOVEMBER

- 2 - Wellness Wednesday
  - 10:30am: New Members Morning Tea
  - 6:00pm: Education Evening - Strength For Life

## DECEMBER

- 7 - Wellness Wednesday New Members Morning Tea
- TBA - End of Year Celebration - Gala Ball



Stay up to date with event announcements on our members Facebook group.