



CLUB ACTIVE[®]
Change the way you age

2022 EVENT CALENDAR

FEBRUARY

- 2 - Wellness Wednesday
 - 11:00am: New Members Morning Tea
 - 6:00pm: Education Evening - Heart Health & Exercise

MARCH

- 2 - Wellness Wednesday
 - 11:00am: New Members Morning Tea
 - 6:00pm: Education Evening - Brain Health & Exercise

APRIL

- 6 - Wellness Wednesday
 - 11:00am: New Members Morning Tea
 - 6:00pm: Education Evening - Veteran Health & Exercise

MAY

- 4 - Wellness Wednesday
 - 11:00am: 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
 - 11:00am: New Members Morning Tea
 - 6:00pm: Education Evening - Metabolic Health & Exercise

JULY

- 6 - Wellness Wednesday
 - 11:00am: New Members Morning Tea
 - 6:00pm: Education Evening - Respiratory Health & Exercise

AUGUST

- 3 - Wellness Wednesday
 - 11:00am: New Members Morning Tea
 - 6:00pm: Education Evening - Weight Loss & Exercise
- 28 - 3 Sep - Legacy Week

SEPTEMBER

- 7 - Wellness Wednesday
 - 11:00am: 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
 - 11:00am: New Members Morning Tea
 - 6:00pm: Education Evening - Mental Health & Exercise
- 15 - Cancer Council Relay For Life
- 30 - Grandparents Day

NOVEMBER

- 2 - Wellness Wednesday
 - 11:00am: 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.