



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

# 2022 EVENT CALENDAR

## MARCH

14 - Club opening date

## APRIL

6 - Wellness Wednesday

10:30am: New Members Morning Tea

6:00pm: Education Evening - Veteran Health & Exercise

9 - **Official Castle Hill OPEN DAY**

## MAY

4 - Wellness Wednesday

10:30am: New Members Morning Tea

6:00pm: Education Evening - Bone Health & Exercise

19 - Australia's Biggest Morning Tea

27 - Longevity Evening: A Night With Dr. Ross Walker  
(Gold Coast)

## 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

3 - End of Year Celebration - Gala Ball (Gold Coast)

7 - Wellness Wednesday New Members Morning Tea



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