

2022 EVENT CALENDAR

JULY

6 - Wellness Wednesday
10:30am: New Members Morning Tea
6:00pm: Education Evening - Respiratory Health & Exercise
TBC - Official Dee Why OPEN DAY

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

