

# JOIN US: 50 & Better Healthy Ageing Program (Acacia Ridge)

• Welcome walk-ins/new members • No booking •  
For all ages & backgrounds



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📍 29 Chardean St.  
Acacia Ridge QLD 4110

## MONDAY



### **TAI CHI** 9:30am – 10:30am

Tai Chi is a naturally wonderful remedy to manage life stress by achieving mental and physical relaxation. Come and learn from our professional Tai Chi instructor.



### **GENTLE EXERCISE** 11am – 12pm

Our gentle exercise is done in a seated position at your own pace. Easy, effective and heaps of fun.

## TUESDAY



### **CRAFT** 9am – 11:30am

Bring along a project of your own or simply turn up for a great time of crafty enjoyment, a hot cuppa and lovely company.

## WEDNESDAY



### **SNOOKER** 9am – 1pm

Are you game enough? We can show you the basic skills of how to play.



### **INDOOR BOWLS** 9am – 11:30am

Indoor bowls is a therapeutic exercise to improve fitness.



### **GAMES** 12:30pm – 5pm

Love games? Bring your game skills and show us what you got!

## THURSDAY



### **SNOOKER** 9am – 1pm

Are you game? All levels are welcome; we can teach you some skills.



### **EXERCISE** 10:15am – 11:15am

Our gentle exercise is done in a seated position at your own pace.



### **DARTS** 12pm – 2:30pm

Darts can improve hand-eye coordination and is very enjoyable.



### **Every 2nd Thursday of the month**

### **TRIVIA NIGHT** 6pm – 8:30pm

Come and WIN amazing prizes at our monthly Trivia Night! Nothing too hard or serious - just a fun little challenge for the brain.

## Free General Consultation

Need help in life issues? Want a better quality of life? Our experienced and trusted staff are here for you. Contact us or walk-in for a **free** and **confidential** one-on-one consultation today.



# JOIN US *at Skylarkers* : 20 SKYLARK ST INALA QLD 4077

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### MONDAY

#### Exercise



9:00am – 10:00am

#### Morning Tea



10:00am

#### Craft



10:30am – 12:00pm

### TUESDAY

#### Card Playing



9:00am – 2:00pm

### WEDNESDAY

#### Exercise



9:00am – 10:00am

#### Morning Tea



10:00am

### THURSDAY

#### Thursday Crafters



9:00am – 12:00pm

#### Card Making Group



1:00pm – 4:00pm

1st & 3rd Thursday of the month

### FRIDAY

Exercise 9:00am – 10:00am

Morning Tea 10:00am

#### Relaxation Group



10:00am – 10:15am

#### Mah Jong



1:00pm – 4:00pm

2nd & 4th Friday of the month