These activities are supported by funding from the Australian Government Department of Health (DoH) as well as by the NSW Community Care Supports Program. Visit DoH and ADHC websites (www.health.gov.au or www.adhc.nsw.gov.au) for more information. Although funding for these activities has been provided by the Australian and NSW Governments, the material contained herein does not necessarily represent the views or policies of the Australian and NSW Governments.
**WELLNESS ACTIVITIES**

Includes morning tea, a hot lunch and dessert. Transport is available.

Activities from 10am – 2pm unless listed otherwise.

Locations:
- Guildford Community Centre
  90 O’Neill Street, Guildford
- Granville Library
  8 Carlton Street, Granville
- Wentworthville Community Centre
  2 Lane Street, Wentworthville (Happy Club)
- Berala Community Centre
  104 Woodburn Road, Berala
- Senior’s Units (Auburn)
  18 Tavistock Street Auburn

Activities include: Indoor sports, games, singing, craft & more. Get your hearts moving with gentle exercises such as Tai Chair, Zumba Gold, Move It or Lose It or Chair Aerobics.

Special programs include: Armchair Travel/Travel Memoir – visit places from around the world without leaving your chair.

Birthday Celebrations where we celebrate the birthdays of customers with cake, guest speakers, bingo & prizes or special entertainment.

**CALD WELLNESS ACTIVITIES**

Spanish Group (Weekly) 10am – 2pm every Monday at the Guildford Community Centre (North Hall).

Maltese Group (Weekly) 9.30am – 1pm every Tuesday at Guildford Community Centre (South Hall).

**COMMUNITY INCLUSION DAYS**

A celebration of different events held at Guildford Community Centre, 90 O’Neill Street, Guildford. The Centre is transformed in keeping with the celebration and the day includes morning tea, a hot lunch, dessert, entertainment & activities based around the special event! Transport is available.

Activities from 10am – 2pm unless listed otherwise. These programs are open to nursing homes and retirement villages in the Cumberland area.

**DINE IN FILMS**

Get together with friends at Guildford Community Centre and watch a golden oldie or modern day masterpiece film on the big screen. A delicious morning tea, hot lunch & dessert will be provided! Suggestions for favourite films welcome. Transport is available.

Activities from 10am – 2pm unless listed otherwise.

**LUNCH CLUB**

You will be picked up from home with an empty stomach & be dropped home feeling full & happy! This lunch group visits different clubs, RSLs & restaurants in the Cumberland area once a month for a delicious lunch!

**SILVER SURFERS**

Every Monday and Friday between 10am – 12pm there is a volunteer available at Guildford Community Centre, 90 O’Neill Street, Guildford to assist and teach anyone who is interested in learning how to surf the internet. Learn how to stay in touch with loved ones near and far! Bookings required.

**SOCIAL OUTINGS**

Hop on board accessible transport & be taken on a day trip to places near and far! Come along with friends & make lots of new ones along the way! Suggestions for outing locations always welcome. Transport provided to and from your home. Bookings open 1 month prior.

**MALE ONLY MEETS**

Join other like-minded gents for outings to various places of interest. Transport is provided. Suggestions welcome!

**YARN UP**

This is a casual get together for Aboriginal & Torres Strait Islander service users held at Lane Street Cottage, 42 Lane St, Wentworthville or at chosen location in the community.

Lunch is provided, transport is available.

Activities 10.30am – 1.30pm unless listed otherwise.

**SHOPPING BUS LOOP**

Hop on board Accessible transport for a 3 stop shopping loop. Return transport provided to and from your home. The Shopping bus loop will go to Greystanes Shopping Centre Merrylands, Stockland Mall and last stop will be Lidcombe Centre. This service is an unassisted shopping service. Bookings essential.
THE AGED AND DISABILITY TEAM’S NUTRITION SERVICES PROVIDES MEALS FOR THESE GROUPS:

GREEK GROUP
9:30am – 1pm every Wednesday at Railway Street, Toongabbie run in partnership with Greek Welfare Association.
For enquiries phone 9687 8955

INDIAN GROUP
9:30am – 1pm 1st and 3rd Wednesday of the month at Toongabbie Community Centre, 732 Merryland Road, Merrylands run in partnership with Sri Om Foundation.
For enquiries phone 9688 1333

ARABIC GROUP
9:30am – 1pm 1st and 3rd Thursday of the month at The Kiosk, Merrylands Central Gardens run in partnership with Arab Council Australia.
For enquiries phone 9709 4333

MALTESE GROUP
9am – 12:30pm the 2nd Friday of each month in Miller Street Room, Merrylands.

FILIPINO GROUP
9:30am – 2:30pm 1st and 3rd Friday of the month in Miller Street Room, Merrylands.

OVER 55’S LIFELONG LEARNING PROGRAMS
Cost: $40.00 per term (1hr classes)
$60.00 per term (2hr classes)
These programs run during school terms only and are always on the look out for new members.

GENTLE EXERCISE
9am – 10am every Monday at Regents Park Community Centre, 1 Amy Street, Regents Park
9am – 10am every Monday at Greystanes Community Centre, 732 Merryland Road, Merrylands
10am – 11am every Tuesday at Miller Street Room, 17 Miller Street, Merrylands
9am – 10am every Thursday at Wentworthville Community Centre, 2 Lane Street, Wentworthville
9am – 10am every Friday at Beral Community Centre, Cnr Woodburn Road and Tilba Street, Beral

LINE DANCING
9.30am – 11.30 every Tuesday at Beral Community Centre, Cnr Woodburn Road & Tilba Street, Beral

ZUMBA GOLD
9.30am – 10.30am every Wednesday at Allan G Ezzy Community Centre, 1 Newport Street, Pemulwuy
9.30am – 10.30am every Thursday at Beral Community Centre Cnr Woodburn and Tilba Street, Beral

PAINTING CLASS
10am – 12noon every Friday at Granville Library, 8 Carlton Street, Granville
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  10am – 12pm |
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  10am – 12pm Bookings required | - SOCIAL OUTING – GANG SHOW EVENING SHOW  
  Entry $30.00, Dinner $15.00  
  Transport $16.00 | - SILVER SURFERS  
  10am – 12pm Bookings required | - OVER 55’S BERALA – GENTLE EXERCISE  
  9am – 10am |
| BOOKINGS OPEN FOR AUGUST SOCIAL OUTINGS | | | | |

**July 2019**

**OVER 55’S GREYSTANES – GENTLE EXERCISE**  
9am – 10am

**OVER 55’S REGENTS PARK – GENTLE EXERCISE**  
9am – 10am

**OVER 55’S MERRYLANDS – GENTLE EXERCISE**  
10am – 11am

**OVER 55’S BERALA – LINE DANCING**  
9.30am – 11.30am

**OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE**  
9am – 10am

**OVER 55’S GRANVILLE – PAINTING CLASS**  
10am – 12pm

**COMMUNITY INCLUSION DAY – VIVA LAS VEGAS**  
Guildford 10am – 2pm  
Activity $4.50  
Meal $8.20  
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OVER 55’S GREYSTANES – GENTLE EXERCISE  
9am – 10am  
OVER 55’S REGENTS PARK – GENTLE EXERCISE  
9am – 10am  |
|         |         | SHOPPING BUS LOOP  
WELLNESS GUILDFORD – BIRTHDAY BINGO  
Activity $4.50  
Meal $8.20  
Transport $11  
WELLNESS – MALTESE  
9.30am – 1pm  
Activity $4.50  
Meal $8.20  
Transport $11  
OVER 55’S MERRYLANDS – GENTLE EXERCISE  
10am – 11am  
OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am  |
|         |         | WELLNESS BERALA – TRAVEL MEMOIRS: PORT ARTHUR  
Activity $4.50  
Meal $8.20  
Transport $11  
OVER 55’S PEMULWUY – ZUMBA GOLD  
9.30am – 10.30am  |
|         |         | WELLNESS GRANVILLE – BIRTHDAY BINGO  
Activity $4.50  
Meal $8.20  
Transport $11  
SOCIAL OUTING – FEATHERDALE WILDLIFE PARK  
PICNIC LUNCH  
Entry $23  
Meal – bring your own picnic/ purchase yourself  
Transport $16.00  
OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE  
9am – 10am  
OVER 55’S BERALA – ZUMBA GOLD  
9.30am – 10.30am  |
|         |         | WELLNESS BERALA – CRAFT ORIGAMI  
Activity $4.50  
Meal $8.20  
Transport $11  
OVER 55’S MERRYLANDS – GENTLE EXERCISE  
10am – 11am  
OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am  |
|         |         | SHOPPING VAN SERVICE  
WELLNESS BERALA – TAI CHI  
Activity $4.50  
Meal $7.80  
Transport $11  
OVER 55’S PEMULWUY – ZUMBA GOLD  
9.30am – 10.30am  |
|         |         | SHOPPING VAN SERVICE  
WELLNESS GRANVILLE – UKULELE LESSONS WITH PAT  
Activity $4.50  
Transport $11  
LUNCH CLUB – COOLIBAH HOTEL  
Lunch $15.00+  
Transport $11  
OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE  
9am – 10am  
OVER 55’S BERALA – ZUMBA GOLD  
9.30am – 10.30am  |
|         |         | SHOPPING VAN SERVICE  
WELLNESS WENTWORTHVILLE – CRAFT ORIGAMI  
Activity $4.50  
Meal $8.20  
Transport $11  
SILVER SURFERS  
10am – 12pm Bookings required  
OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  
OVER 55’S GRANVILLE – PAINTING CLASS  
10am – 12pm  |
| 19     | 20      | 21        | 22       | 23     |
| WELLNESS GUILDFORD– TRAVEL MEMOIRS: PORT ARTHUR  
Activity $4.50  
Meal $8.20  
Transport $11  
WELLNESS – SPANISH  
10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  
SILVER SURFERS  
10am – 12pm Bookings required  
OVER 55’S GREYSTANES – GENTLE EXERCISE  
9am – 10am  
OVER 55’S REGENTS PARK – GENTLE EXERCISE  
9am – 10am  |
| WELLNESS GUILDFORD – CRAFT ORIGAMI  
Activity $4.50  
Meal $8.20  
Transport $11  
WELLNESS – MALTESE  
9.30am – 1pm  
Activity $4.50  
Meal $8.20  
Transport $11  
OVER 55’S MERRYLANDS – GENTLE EXERCISE  
10am – 11am  
OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am  |
| WELLNESS BERALA – UKULELE LESSONS WITH PAT  
Activity $4.50  
Transport $11  
LUNCH CLUB – COOLIBAH HOTEL  
Lunch $15.00+  
Transport $11  
OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE  
9am – 10am  
OVER 55’S BERALA – ZUMBA GOLD  
9.30am – 10.30am  |
| WELLNESS WENTWORTHVILLE – BIRTHDAY BINGO  
Activity $4.50  
Meal $8.20  
Transport $11  
COMMUNITY INCLUSION DAY – SUPER HERO DAY  
Guildford 10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  
SILVER SURFERS  
10am – 12pm Bookings required  
OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  
OVER 55’S GRANVILLE – PAINTING CLASS  
10am – 12pm  |
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<td>26</td>
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<tr>
<td>WELLNESS GUILDFORD – TAI CHI Activity $4.50 Meal $8.20 Transport $11</td>
<td>WELLNESS GUILDFORD – TAI CHI Activity $4.50 Meal $8.20 Transport $11</td>
<td>SHOPPING VAN SERVICE</td>
<td>WELLNESS GRANVILLE – UKULELE LESSONS WITH PAT Activity $4.50 Meal $8.20 Transport $11</td>
<td>WELLNESS WENTWORTHVILLE – FATHER’S DAY ENTERTAINER Activity $4.50 Meal $8.20 Transport $11</td>
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<tr>
<td>WELLNESS – SPANISH 10am – 2pm Activity $4.50 Meal $8.20 Transport $11</td>
<td>WELLNESS – SPANISH 10am – 2pm Activity $4.50 Meal $8.20 Transport $11</td>
<td>WELLNESS BERALA – BIRTHDAY BINGO Activity $4.50 Meal $8.20 Transport $11</td>
<td>SOCIAL OUTING – MADAME TUSSAUDS Entry $35.00 Lunch $15.00 Transport $16.00</td>
<td>WELLNESS GUILDFORD – BIRTHDAY BINGO Activity $4.50 Meal $8.20 Transport $11</td>
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<tr>
<td>SILVER SURFERS 10am – 12pm Bookings required</td>
<td>SILVER SURFERS 10am – 12pm Bookings required</td>
<td>OVER 55’S MERRYLANDS – GENTLE EXERCISE 9am – 11am</td>
<td>OVER 55’S PEMULWUY – ZUMBA GOLD 9.30am – 10.30am</td>
<td>SILVER SURFERS 10am – 12pm Bookings required</td>
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</table>
| WELLNESS GUILDFORD – SCRAPBOOKING  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS GUILDFORD – COMEDY ENTERTAINMENT  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS BERALA – TRAVEL MEMOIRS: MT GAMBIER  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS GRANVILLE – BIRTHDAY GAMES  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS WENTWORTHVILLE – TRAVEL MEMOIRS: MT GAMBIER  
Activity $4.50  
Meal $8.20  
Transport $11  |
| WELNESS – SPANISH  
10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS – MALTESE  
9.30am – 1pm  
Activity $4.50  
Meal $8.20  
Transport $11  | OVER 55’S PEMULWUY – ZUMBA GOLD  
9.30am – 10.30am  | SOCIAL OUTING – BONNYRIGG GARDEN CENTRE  
Lunch $15.00  
Transport $16.00  | DINE IN FILMS  
10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  |
| SILVER SURFERS  
10am – 2pm Bookings required  | OVER 55’S MERRYLANDS – GENTLE EXERCISE  
10am – 11am  | OVER 55’S BERALA – ZUMBA GOLD  
9.30am – 10.30am  | SILVER SURFERS  
10am – 12pm Bookings required  | SILVER SURFERS  
10am – 12pm Bookings required  |
| OVER 55’S GREYSTANES – GENTLE EXERCISE  
9am – 10am  | OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am  | OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  | OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  | OVER 55’S GRANVILLE – PAINTING CLASS  
10am – 12pm  |
| OVER 55’S REGENTS PARK – GENTLE EXERCISE  
9am – 10am  |                     |                     |                     |                     |
| 9       |         |           |          |        |
| WELLNESS GUILDFORD – COMEDY ENTERTAINMENT  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS GUILDFORD – TRAVEL MEMOIRS: MT GAMBIER  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS BERALA – BIRTHDAY GAMES  
Activity $4.50  
Meal $7.80  
Transport $11  | SHOPPING VAN SERVICE  
WELLNESS GRANVILLE – COMEDY ENTERTAINMENT  
Activity $4.50  
Meal $8.20  
Transport $11  | SHOPPING VAN SERVICE  
WELLNESS GRANVILLE – SCRAPBOOKING  
Activity $4.50  
Meal $8.20  
Transport $11  |
| WELNESS – SPANISH  
10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS – MALTESE  
9.30am – 1pm  
Activity $4.50  
Meal $8.20  
Transport $11  | OVER 55’S PEMULWUY – ZUMBA GOLD  
9.30am – 10.30am  | LUNCH CLUB – HOTEL LIDCOMBE  
Lunch $15.00  
Transport $11  | COMMUNITY INCLUSION DAY – FOOTY FEVER  
Guildford 10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  |
| SILVER SURFERS  
10am – 12pm Bookings required  | OVER 55’S MERRYLANDS – GENTLE EXERCISE  
10am – 11am  | OVER 55’S BERALA – ZUMBA GOLD  
9.30am – 10.30am  | OVER 55’S BERALA – ZUMBA GOLD  
9.30am – 10.30am  | SILVER SURFERS  
10am – 12pm Bookings required  |
| OVER 55’S GREYSTANES – GENTLE EXERCISE  
9am – 10am  | OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am  | OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  | OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  | OVER 55’S GRANVILLE – PAINTING CLASS  
10am – 12pm  |
| OVER 55’S REGENTS PARK – GENTLE EXERCISE  
9am – 10am  |                     |                     |                     |                     |
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<th>MONDAY</th>
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<tr>
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<td>WELLNESS – SPANISH 10am – 2pm Activity $4.50 Meal $8.20 Transport $11</td>
<td>OVER 55’S PEMULWUY – ZUMBA GOLD 9.30am – 10.30am</td>
<td>SOCIAL OUTING – BOWRAL TULIP FESTIVAL Entry-$7.00 Lunch $15.00 Transport $16.00</td>
<td>WELLNESS GUILFORD – TRAVEL MEMOIRS: MT GAMBIER Activity $4.50 Meal $8.20 Transport $11</td>
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<tr>
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<td>SILVER SURFERS 10am – 12pm Bookings required</td>
<td>OVER 55’S BERALA – LINE DANCING 9.30am – 11.30am</td>
<td>OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE 9am – 10am</td>
<td>SILVER SURFERS 10am – 12pm Bookings required</td>
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<td>OVER 55’S GREYSTANES – GENTLE EXERCISE 9am – 10am</td>
<td>OVER 55’S MERRYLANDS – GENTLE EXERCISE 10am – 11am</td>
<td>OVER 55’S BERALA – ZUMBA GOLD 9.30am – 10.30am</td>
<td>OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE 9am – 10am</td>
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<td>OVER 55’S REGENTS PARK – GENTLE EXERCISE 9am – 10am</td>
<td>SHOPPING VAN SERVICE WELLNESS WENTWORTHVILLE – BIRTHDAY GAMES Activity $4.50 Meal $8.20 Transport $11</td>
<td>WATER VAN SERVICE WELLNESS WENTWORTHVILLE – BIRTHDAY ENTERTAINER Activity $4.50 Meal $8.20 Transport $11</td>
<td>SHOPPING VAN SERVICE WELLNESS BERALA – BIRTHDAY ENTERTAINER Activity $4.50 Meal $8.20 Transport $11</td>
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<td>SCHOOL HOLIDAYS</td>
<td>1 SCHOOL HOLIDAYS</td>
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<td>WELLNESS – SPANISH 10am – 2pm Activity $4.50 Meal $8.20 Transport $11</td>
<td>WELLNESS – MALTESE 9.30am – 1pm Activity $4.50 Meal $8.20 Transport $11</td>
<td>MALE MEET – FISHING AT LAKE PARRAMATTA / LAKE PARRAMATTA CAFE Lunch $15.00 Transport $16.00</td>
<td>SILVER SURFERS 10am – 12pm Bookings required</td>
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<td>SILVER SURFERS 10am – 12pm Bookings required</td>
<td>WELLNESS AUBURN – ZUMBA GOLD 12.30pm – 2pm Activity $4.50 Mini Meal $5.00</td>
<td>YARN UP – PARRAMATTA PARK PICNIC LUNCH 11am – 1pm</td>
<td>YARN UP – PARRAMATTA PARK PICNIC LUNCH 11am – 1pm</td>
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<td><strong>7</strong> SCHOOL HOLIDAYS PUBLIC HOLIDAY</td>
<td><strong>8</strong> SCHOOL HOLIDAYS</td>
<td><strong>9</strong> SCHOOL HOLIDAYS</td>
<td><strong>10</strong> SCHOOL HOLIDAYS</td>
<td><strong>11</strong> SCHOOL HOLIDAYS</td>
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<tr>
<td><strong>SHOPPING BUS LOOP</strong></td>
<td><strong>SHOPPING VAN SERVICE</strong></td>
<td><strong>WELLNESS GRANVILLE – BIRTHDAY ENTERTAINER</strong> Activity $4.50 Meal $8.20 Transport $11</td>
<td><strong>SOCIAL OUTING – TELSTRA MUSEUM BANKSTOWN</strong> Lunch $15.00 Transport $16.00</td>
<td><strong>WELLNESS WENTWORTHVILLE – TRIVIA MORNING</strong> Activity $4.50 Meal $8.20 Transport $11</td>
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<tr>
<td><strong>WELLNESS GUILDFORD – COLLAGE ARTWORK</strong> Activity $4.50 Meal $8.20</td>
<td><strong>WELLNESS BERALA – COLLAGE ARTWORK</strong> Activity $4.50 Meal $8.20</td>
<td><strong>OVER 55’S PEMULWUY – ZUMBA GOLD</strong> 9.30am – 10.30am</td>
<td><strong>OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE</strong> 9am – 10am</td>
<td><strong>WELLNESS GUILFORD – TRUCK SAYINGS AND SLOGANS!</strong> Activity $4.50 Meal $8.20 Transport $11</td>
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<tr>
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<td><strong>WELLNESS – MALTESE</strong> 9.30am – 1pm Activity $4.50 Meal $8.20</td>
<td><strong>OVER 55’S MERRYLANDS – GENTLE EXERCISE</strong> 10am – 11am</td>
<td><strong>OVER 55’S BERALA – ZUMBA GOLD</strong> 9.30am – 10.30am</td>
<td><strong>SILVER SURFERS</strong> 10am – 12pm Bookings required</td>
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<tr>
<td><strong>WELLNESS – MALTESE</strong></td>
<td><strong>OVER 55’S BERALA – LINE DANCING</strong> 9.30am – 11.30am</td>
<td><strong>DINE IN FILMS</strong> 10am – 2pm Activity $4.50 Meal $8.20 Transport $11</td>
<td><strong>OVER 55’S GRANVILLE – PAINTING CLASS</strong> 10am – 12pm</td>
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<tr>
<td><strong>BOOKINGS OPEN FOR NOVEMBER SOCIAL OUTINGS</strong></td>
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**October 2019**

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<td><strong>CARERS WEEK</strong></td>
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<td><strong>WELLNESS GUILDFORD – BIRTHDAY ENTERTAINER</strong> Activity $4.50 Meal $8.20 Transport $11</td>
<td><strong>CARERS WEEK</strong></td>
<td><strong>WELLNESS BERALA – NAME THAT TUNE</strong> Activity $4.50 Meal $8.20 Transport $11</td>
<td><strong>SHOPPING VAN SERVICE</strong></td>
<td><strong>WELLNESS WENTWORTHVILLE – TRIVIA MORNING</strong> Activity $4.50 Meal $8.20 Transport $11</td>
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<tr>
<td><strong>WELLNESS – SPANISH</strong> 10am – 2pm Activity $4.50 Meal $8.20</td>
<td><strong>WELLNESS GUILDFORD – WHITEBOARD GAME</strong> Activity $4.50 Meal $8.20 Transport $11</td>
<td><strong>OVER 55’S PEMULWUY – ZUMBA GOLD</strong> 9.30am – 10.30am</td>
<td><strong>SOCIAL OUTING – CARERS WEEK PICNIC</strong> CAMPBELL HILL RESERVE Lunch $15.00 Transport $16.00</td>
<td><strong>DINE IN FILMS</strong> 10am – 2pm Activity $4.50 Meal $8.20 Transport $11</td>
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<tr>
<td><strong>SILVER SURFERS</strong> 10am – 12pm Bookings required</td>
<td><strong>WELLNESS – MALTESE</strong> 9.30am – 1pm Activity $4.50 Meal $8.20</td>
<td><strong>OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE</strong> 9am – 10am</td>
<td><strong>OVER 55’S WENTWORTHVILLE – TRIVIA MORNING</strong> Activity $4.50 Meal $8.20 Transport $11</td>
<td><strong>SILVER SURFERS</strong> 10am – 12pm Bookings required</td>
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<tr>
<td><strong>OVER 55’S GREYSTANES – GENTLE EXERCISE</strong> 9am – 10am</td>
<td><strong>OVER 55’S MERRYLANDS – GENTLE EXERCISE</strong> 10am – 11am</td>
<td><strong>OVER 55’S BERALA – ZUMBA GOLD</strong> 9.30am – 10.30am</td>
<td><strong>OVER 55’S BERALA – GENTLE EXERCISE</strong> 9am – 10am</td>
<td><strong>OVER 55’S BERALA – GENTLE EXERCISE</strong> 9am – 10am</td>
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<td><strong>OVER 55’S REGENTS PARK – GENTLE EXERCISE</strong> 9am – 10am</td>
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<td><strong>OVER 55’S GRANVILLE – PAINTING CLASS</strong> 10am – 12pm</td>
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| **WELLNESS GUILDFORD - SCENT GUESSING GAME**  
  Activity $4.50  
  Meal $8.20  
  Transport $11 | **WELLNESS GUILDFORD - BIRTHDAY ENTERTAINER**  
  Activity $4.50  
  Meal $8.20  
  Transport $11 | **SHOPPING VAN SERVICE** | **WELLNESS GRANVILLE - QUIZ CHALLENGE**  
  Activity $4.50  
  Transport $11 | **WELLNESS WENTWORTHVILLE - ADULT COLOURING IN**  
  Activity $4.50  
  Meal $8.20  
  Transport $11 |
| **WELLNESS - SPANISH**  
  10am – 2pm  
  Activity $4.50  
  Meal $8.20  
  Transport $11 | **WELLNESS - MALTESE**  
  9.30am – 1pm  
  Activity $4.50  
  Meal $8.20  
  Transport $11 | **LUNCH CLUB - PARRAMATTA LEAGUES**  
  Lunch $20 – $30  
  Transport $11 | **COMMUNITY INCLUSION DAY - SPOOKED OUT!**  
  Guildford 10am – 2pm  
  Activity $4.50  
  Meal $8.20  
  Transport $11 |
| **SILVER SURFERS**  
  10am – 12pm Bookings required | **OVER 55’S MERRYLANDS - GENTLE EXERCISE**  
  10am – 11am | **OVER 55’S PEMULWUY - ZUMBA GOLD**  
  9.30am – 10.30am | **SILVER SURFERS**  
  10am – 12pm Bookings required | **OVER 55’S BERALA - GENTLE EXERCISE**  
  9am – 10am |
| **OVER 55’S GREYSTANES - GENTLE EXERCISE**  
  9am – 10am | **OVER 55’S BERALA - LINE DANCING**  
  9.30am – 11.30am | **OVER 55’S BERALA - ZUMBA GOLD**  
  9.30am – 10.30am | **OVER 55’S BERALA - GENTLE EXERCISE**  
  9am – 10am | **OVER 55’S GRANVILLE - PAINTING CLASS**  
  10am – 12pm |
| **OVER 55’S REGENTS PARK - GENTLE EXERCISE**  
  9am – 10am | | | | |
| 28     | 29      | 30        | 31       | 1      |
| **WELLNESS GUILDFORD - WHITEBOARD GAME**  
  Activity $4.50  
  Meal $8.20  
  Transport $11 | **WELLNESS GUILDFORD - NAME THAT TUNE**  
  Activity $4.50  
  Meal $8.20  
  Transport $11 | **SHOPPING VAN SERVICE** | **SHOPPING VAN SERVICE** | **WELLNESS WENTWORTHVILLE - HALLOWEEN DAY ENTERTAINER**  
  Activity $4.50  
  Meal $8.20  
  Transport $11 |
| **WELLNESS - SPANISH**  
  10am – 2pm  
  Activity $4.50  
  Meal $8.20  
  Transport $11 | **WELLNESS - MALTESE**  
  9.30am – 1pm  
  Activity $4.50  
  Meal $8.20  
  Transport $11 | | **WELLNESS GRANVILLE - TAI CHI**  
  Activity $4.50  
  Meal $8.20  
  Transport $11 | **WELLNESS GUILDFORD - BIRTHDAY BINGO**  
  Activity $4.50  
  Meal $8.20  
  Transport $11 |
| **SILVER SURFERS**  
  10am – 12pm Bookings required | **OVER 55’S MERRYLANDS - GENTLE EXERCISE**  
  10am – 11am | **OVER 55’S PEMULWUY - ZUMBA GOLD**  
  9.30am – 10.30am | **SOCIAL OUTING - ROOKWOOD TOUR WITH LYNN**  
  Lunch $15.00  
  Transport $16.00 | **SILVER SURFERS**  
  10am – 12pm Bookings required |
| **OVER 55’S GREYSTANES - GENTLE EXERCISE**  
  9am – 10am | **OVER 55’S BERALA - LINE DANCING**  
  9.30am – 11.30am | | **OVER 55’S WENTWORTHVILLE - GENTLE EXERCISE**  
  9am – 10am | **YARN UP - LANE STREET**  
  11am – 1pm |
| **OVER 55’S REGENTS PARK - GENTLE EXERCISE**  
  9am – 10am | | | **OVER 55’S BERALA - GENTLE EXERCISE**  
  9am – 10am | **OVER 55’S GRANVILLE - PAINTING CLASS**  
  10am – 12pm |
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| WELLNESS GUILDFORD – WHAT GOES IN HERE?  
Activity $4.50  
Meal $8.20  
Transport $11  
WELLNESS – SPANISH  
10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  
SILVER SURFERS  
10am – 12pm Bookings required  
OVER 55’S GREYSTANES – GENTLE EXERCISE  
9am – 10am  
OVER 55’S REGENTS PARK – GENTLE EXERCISE  
9am – 10am  | SHOPPING VAN SERVICE  
WELLNESS GUILDFORD – MELBOURNE CUP DAY (12PM START)  
Activity $4.50  
Meal $8.20  
Transport $11  
WELLNESS – MALTESE  
9.30am – 1pm  
Activity $4.50  
Meal $8.20  
Transport $11  
OVER 55’S MERRYLANDS – GENTLE EXERCISE  
10am – 11am  
OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am  | SHOPPING VAN SERVICE  
WELLNESS BERALA – BIRTHDAY BINGO  
Activity $4.50  
Meal $7.80  
Transport $11  
WELLNESS AUBURN – THE PRICE IS RIGHT  
12.30pm – 2pm  
Activity $4.50  
Mini Meal $5.00  
OVER 55’S PEMULWUY – ZUMBA GOLD  
9.30am – 10.30am  | WELLNESS GRANVILLE – CHRISTMAS CARDS  
Activity $4.50  
Transport $11  
MALE MEET – PUTT PUTT GOLF AT PENRITH  
Entry $12.50  
Lunch $15.00  
Transport $16.00  
OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE  
9am – 10am  | WELLNESS WENTWORTHVILLE – REMEMBRANCE DAY ENTERTAINER  
Activity $4.50  
Meal $8.20  
Transport $11  
DINE IN FILMS  
10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  
SILVER SURFERS  
10am – 12pm Bookings required  
OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  | WELLNESS WENTWORTHVILLE – FAMOUS MOVIE QUOTES  
Activity $4.50  
Meal $8.20  
Transport $11  
WELLNESS GUILDFORD – COVER THE NUMBER DICE GAME  
Activity $4.50  
Meal $8.20  
Transport $11  
OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  | WELLNESS WENTWORTHVILLE – PAINTING CLASS  
10am – 12pm  |

**BOOKINGS OPEN FOR DECEMBER SOCIAL OUTINGS**
<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td><strong>SOCIAL INCLUSION WEEK</strong></td>
<td><strong>SOCIAL INCLUSION WEEK</strong></td>
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<tr>
<td><strong>WELLNESS GUILDFORD – JOURNEYS OF MY LIFE</strong></td>
<td><strong>SHOPPING VAN SERVICE</strong></td>
<td><strong>WELLNESS GUILDFORD – BIRTHDAY BINGO</strong></td>
<td><strong>WELLNESS GRANVILLE – OLD WIVES TALES</strong></td>
<td><strong>WELLNESS WENTWORTHVILLE – FAMOUS FEMALE INVENTORS</strong></td>
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<td>Activity $4.50</td>
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<td><strong>OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE</strong></td>
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<td><strong>COMMUNITY INCLUSION DAY – MAD HATTERS TEA PARTY</strong></td>
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<td>10am – 2pm</td>
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<td>Guildford 10am – 2pm</td>
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<td>Activity $4.50</td>
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<td><strong>LUNCH CLUB – REGENTS PARK SPORTS CLUB</strong></td>
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<td><strong>25 SOCIAL INCLUSION WEEK</strong></td>
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<td><strong>WELLNESS GRANVILLE – CHRISTMAS CRAFT</strong></td>
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<td><strong>26 SOCIAL INCLUSION WEEK</strong></td>
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<td><strong>WELLNESS GUILDFORD – JOURNEYS OF MY LIFE</strong></td>
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<td><strong>WELLNESS WENTWORTHVILLE – OLD WIVES TALES</strong></td>
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<td><strong>SHOPPING VAN SERVICE</strong></td>
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**November 2019**

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<th>MONDAY</th>
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</thead>
</table>
|        | WELLNESS GUILDFORD – BIRTHDAY GAMES  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS GUILDFORD – CHRISTMAS CRAFT  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS – SPANISH  
10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS GUILFORD – CHRISTMAS CRAFT  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS WENTWORTHVILLE – CHRISTMAS CRAFT  
Activity $4.50  
Meal $8.20  
Transport $11  |
|        | WELLNESS – SPANISH  
10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS – MALTESE  
9.30am – 1pm  
Activity $4.50  
Meal $8.20  
Transport $11  | WELLNESS AUBURN – CHRISTMAS ENTERTAINER  
12.30pm – 2pm  
Activity $4.50  
Mini Meal $5.00  | OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE  
9am – 10am  | WELLNESS GUILFORD – BIRTHDAY GAMES  
Activity $4.50  
Meal $8.20  
Transport $11  |
|        | WELLNESS – SPANISH  
10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  | SOCIAL OUTING – MOUNTED POLICE REDFERN  
Free entry  
Lunch $15.00  
Transport $16.00  | OVER 55’S PEMULWUY – ZUMBA GOLD  
9.30am – 10.30am  | OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am  | OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am  |
|        | SILVER SURFERS  
10am – 12pm Bookings required  | OVER 55’S MERRYLANDS – GENTLE EXERCISE  
10am – 11am  | OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  | SILVER SURFERS  
10am – 12pm Bookings required  | YARN UP – CHRISTMAS CRAFT DAY AT GYC  
11am – 1pm  |
| OVER 55’S GREYSTANES – GENTLE EXERCISE  
9am – 10am  | OVER 55’S MERRYLANDS – GENTLE EXERCISE  
9am – 10am  | OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am  | OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  | OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am  | OVER 55’S GRANVILLE – PAINTING CLASS  
9am – 10am  |
| OVER 55’S REGENTS PARK – GENTLE EXERCISE  
9am – 10am  |        |        |      |        | OVER 55’S BERALA – PAINTING CLASS  
10am – 12pm  |
|        |        |        |      |        | SENIOR’S CHRISTMAS LUNCH – WENTWORTHVILLE  
PEMULWUY  |

**Tuesday**

| SHOPPING BUS LOOP  |
| WELLNESS GUILDFORD – BIRTHDAY GAMES  
Activity $4.50  
Meal $8.20  
Transport $11  |
| WELLNESS GUILDFORD – CHRISTMAS CRAFT  
Activity $4.50  
Meal $8.20  
Transport $11  |
| WELLNESS – MALTESE  
9.30am – 1pm  
Activity $4.50  
Meal $8.20  
Transport $11  |
| SOCIAL OUTING – MOUNTED POLICE REDFERN  
Free entry  
Lunch $15.00  
Transport $16.00  |
| SILVER SURFERS  
10am – 12pm Bookings required  |
| OVER 55’S GREYSTANES – GENTLE EXERCISE  
9am – 10am  |
| OVER 55’S MERRYLANDS – GENTLE EXERCISE  
9am – 10am  |
| OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  |
| SENIOR’S CHRISTMAS LUNCH – BERALA COMMUNITY CENTRE  
9am – 10am  |

**Wednesday**

| SHOPPING VAN SERVICE  |
| WELLNESS GUILDFORD – CHRISTMAS CRAFT  
Activity $4.50  
Meal $8.20  
Transport $11  |
| WELLNESS BERALA – CHRISTMAS MOVIE  
Activity $4.50  
Meal $7.80  
Transport $11  |
| WELLNESS AUBURN – CHRISTMAS ENTERTAINER  
12.30pm – 2pm  
Activity $4.50  
Mini Meal $5.00  |
| OVER 55’S PEMULWUY – ZUMBA GOLD  
9.30am – 10.30am  |
| OVER 55’S BERALA – ZUMBA GOLD  
9.30am – 10.30am  |

**Thursday**

| SHOPPING VAN SERVICE  |
| WELLNESS GUILDFORD – BIRTHDAY GAMES  
Activity $4.50  
Meal $8.20  
Transport $11  |
| WELLNESS BERALA – CHRISTMAS MOVIE  
Activity $4.50  
Meal $7.80  
Transport $11  |
| OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE  
9am – 10am  |
| OVER 55’S BERALA – ZUMBA GOLD  
9.30am – 10.30am  |
| OVER 55’S BERALA – ZUMBA GOLD  
9.30am – 10.30am  |

**Friday**

| SHOPPING VAN SERVICE  |
| WELLNESS WENTWORTHVILLE – CHRISTMAS CRAFT  
Activity $4.50  
Meal $8.20  
Transport $11  |
| OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE  
9am – 10am  |
| OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  |
| OVER 55’S GRANVILLE – PAINTING CLASS  
10am – 12pm  |
| SENIOR’S CHRISTMAS LUNCH – ALLAN G EZZY MAIN HALL PEMULWUY  
OVER 55’S GRANVILLE – PAINTING CLASS  
10am – 12pm  |
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| 16     |         | WELLNESS GUILDFORD – CHRISTMAS DECORATIONS  
Activity $4.50  
Meal $8.20  
Transport $11  
WELLNESS – SPANISH  
10am – 2pm  
Activity $4.50  
Meal $8.20  
Transport $11  
SILVER SURFERS  
10am – 12pm Bookings required  
OVER 55’S GREYSTANES – GENTLE EXERCISE  
9am – 10am  
OVER 55’S REGENTS PARK – GENTLE EXERCISE  
9am – 10am  
SENIOR’S CHRISTMAS LUNCH – HELROYD CENTRE MERRYLANDS | WELLNESS GUILDFORD – CHRISTMAS DECORATIONS  
Activity $4.50  
Meal $8.20  
Transport $11  
WELLNESS – MALTESE  
9.30am – 1pm  
Activity $4.50  
Meal $8.20  
Transport $11  
OVER 55’S MERRYLANDS – GENTLE EXERCISE  
10am – 11am  
OVER 55’S BERALA – LINE DANCING  
9.30am – 11.30am | SHOPPING VAN SERVICE  
OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE  
9am – 10am  
OVER 55’S BERALA – ZUMBA GOLD  
9.30am – 10.30am  
SENIOR’S CHRISTMAS LUNCH – AUBURN TOWN HALL | OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  
OVER 55’S GRANVILLE – PAINTING CLASS  
10am – 12pm |

OVER 55’S GUILDFORD – CHRISTMAS DECORATIONS  
Activity $4.50  
Meal $8.20  
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WELLNESS – SPANISH  
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SENIOR’S CHRISTMAS LUNCH – HELROYD CENTRE MERRYLANDS | WELLNESS GUILDFORD – CHRISTMAS DECORATIONS  
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Meal $8.20  
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SENIOR’S CHRISTMAS LUNCH – AUBURN TOWN HALL | OVER 55’S WENTWORTHVILLE – GENTLE EXERCISE  
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SENIOR’S CHRISTMAS LUNCH – AUBURN TOWN HALL | OVER 55’S BERALA – GENTLE EXERCISE  
9am – 10am  
OVER 55’S GRANVILLE – PAINTING CLASS  
10am – 12pm |
To book outings and/or transport please phone the Social Inclusion Team on (02) 8757 9031.
You will be notified of your pick-up time the day before the event.

* Different fees apply to NDIS participants or people over the age of 65 (50 for Aboriginal and Torres Strait Islanders) who are receiving a Home Care Package.

Please note that program details and prices outlined in this calendar are subject to change.
MY BOOKING DETAILS:

<table>
<thead>
<tr>
<th>DATE BOOKING WAS MADE</th>
<th>OUTING/PROGRAM BOOKED</th>
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