

Portarlington Senior Citizen's activities

Monday *Exercises* 10am to 11am



Tuesday *Table tennis* 9am to 11am



Friday *Exercises* 10am to 11am



Bingo 1.30pm to .30pm
Eyes down at 1.30



Saturday **Line dancing** 9am to noon



Portarlington Seniors

All these activities
help healthy aging

All enquiries phone:

5259 2829

or

5257 1969