












Mon	Tue	Wed	Thu	Fri
<p>DSR Physical Activity Program currently includes Physical Exercise Sessions and Lawn Bowls. Physical Exercise Sessions are FREE and is a gentle exercise session for people of all abilities held in our Games Room and facilitated by Faith who is a Physiotherapy Assistant. Lawn Bowls is for those who bowl and those who want to try. We have a Coach who works with us and CATA Staff support all the Bowlers.</p>			1 CATA CLOSED New Years Day	2 CATA CLOSED
5 Physical Exercise Session FREE	6	7 SUBWAY \$4 to \$6 @ CATA 	8 SUBWAY \$4 to \$6 @ CATA 	9  Northwood Tavern \$17 including Transport
12 Physical Exercise Session FREE	13 SUBWAY \$4 to \$6 @ CATA 	14 LAWN BOWLS @ NOLLAMARA \$7.00 incl lunch and trans Bring water and hat. 	15  Northwood Tavern \$17 including Transport BYO LUNCH if not at outing	16 Physical Exercise Session FREE
19  Northwood Tavern \$17 including Transport	20	21  Northwood Tavern \$17 including Transport	22 BYO LUNCH	23 SUBWAY \$4 to \$6 @ CATA Physical Exercise Session FREE
26 CATA CLOSED Australia Day	27  Northwood Tavern \$17 including Transport	28 LAWN BOWLS @ NOLLAMARA \$7.00 incl lunch and trans Bring water and hat. 	29 SUBWAY \$4 to \$6 @ CATA 	30 Physical Exercise Session FREE