

PHYSICAL HEALTH

Better Balance	Feel more confident on your feet
Dance Class	Improve your balance, coordination and your cardiovascular capacity.
Fit Ball Drumming	An invigorating class with simple routines and energising beats
Hydrotherapy (Held at Carmelite)	Relaxation and individual exercise program in a warm pool
Stronger Today	Individualised exercise in a group setting to help you manage your health

SOCIAL HEALTH

I Create	Create art and craft through interesting projects and unleash your individual flare
Gather	Connect with others, while enjoying social activities

WELLNESS

Better Hands	Relieve hand pain and increase hand function
Chi Ball Gentle Moves	Improve your strength, core stability, mobility, concentration and help with anxiety and stress
Pilates	Increase your flexibility, postural awareness and strength
Parkinson's Group	Exercises to help maximise mobility in people with Parkinson's Disease
Tai Chi™	Gentle exercise with mind, body and balance benefits



Physical Health



Social Health



Wellness



Timetable
The Pines



The Pines
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**Better
for life®**

Southern Cross Care (SA, NT & VIC) Inc,
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Health & Wellness Timetable - The Pines May 2021



MONDAY	Class	
9.00	Stronger Today	Pilates*
10.00	Stronger Today	Dance Class
11.00	Stronger Today	
1.00	Gather	Stronger Today
2.00		Better Balance

TUESDAY	Class	
7.30	Stronger Today	
9.00	Fit Ball Drumming	Stronger Today
10.00	Better Hands*	Stronger Today
11.00	Stronger Today	
1.00	Tai Chi™	Stronger Today
1.30	Hydrotherapy (Bus departs to Carmelite for 2.00pm class)	
2.00	Chi Ball	

WEDNESDAY	Class	
7.30	Stronger Today	
9.00	Better Hands*	Stronger Today
10.00	Stronger Today	
11.00	Stronger Today	Chi Ball
1.00	Stronger Today	
2.00	Stronger Today	

THURSDAY	Class	
7.30	Stronger Today	
9.00	Stronger Today	
10.00	Stronger Today	
10.30	I Create	
11.00	Stronger Today	
1.00	Stronger Today	

FRIDAY	Class	
9.00	Stronger Today	
10.00	Stronger Today	
11.00	Better Balance	Stronger Today
1.00	Stronger Today	
2.00	Parkinson's Group	Stronger Today
3.00	Stronger Today	

***Private Health Insurance rebates available**

Did you know that you can use your private health insurance to save money on some of our classes?

Our friendly staff can assist you, clarify appropriate funding options and your out of pocket expenses.

*Only available on selected classes. Rebates are determined by your health insurance provider.