



(03) 423 0550



Lincoln & Districts
Community Care
Association Inc.

(03) 325 2007

PROGRAMME

May - August 2021

Monday

May 3rd	Aerobics	
10th	Down the Middle	
17th	Aerobics/Tai Chi	Stripes
24th	Duo	Morning Tea
31st	Lucky Dip	

June 7th **NO CLASS** Queens Birthday

14th	Aerobics	
21st	4 Corners = 100	
28th	5 mins Bike	

July 5th	Trio/Strength	
12th	Aerobics	
19th	Cards	
26th	Aerobics/Tai Chi	

August 2nd	Duo	
9th	Around the room - Testing	Green
16th	Aerobics	
23rd	Dyna Bands	
30th	5 mins bike	Morning Tea



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PROGRAMME

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Thursday

May 6th	4 Corners = 100	
13th	Dance at the End	
20th	Trio	
27th	Aerobics / Strength	

June 3rd	Round the Room	
10th	Dyna Bands	Yellow
17th	Aerobics	
24th	Cards	Morning tea

July 1st	Duo	
8th	Sports Circuit	Main hall
15th	5 mins Bike	
22nd	Aerobics	
29th	Cardio/Circuit	

August 5th	Aerobics	
12th	Ball Games	
19th	Aerobics	
26th	4 Corners = 100	

Friday

All Friday classes will offer Aerobics & Balance