


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
<p>Scan the QR code</p> 	<p>1</p> <p>Walk and Talk 9:30am</p> <p>Tea and Table Games 1:30pm</p> <p>CONNECTED CAFES: Avalon 10am Balgowlah 10:30am Frenchs Forest 2pm</p>	<p>2</p> <p>All Abilities Dance Class (Seaforth) 10:30am</p> <p>Weekly Quiz 11am</p> <p>CONNECTED CAFES: Dee Why 2pm</p>	<p>3</p> <p>Gentle Exercise 9:30am</p> <p>Art, Craft and Chat 10am</p> <p>CONNECTED CAFES: Narrabeen 10am Dee Why 2pm</p>	<p>4</p> <p>Manly Walking Group 9:30am</p>	<p>5</p>
	<p>7</p> <p>Long Reef Walking Group 9am</p>	<p>8</p> <p>Walk and Talk 9:30am</p> <p>Tea and Table Games 1:30pm</p> <p>CONNECTED CAFES: Avalon 10am Balgowlah 10:30am Frenchs Forest 2pm</p>	<p>10</p> <p>Gentle Exercise 9:30am</p> <p>CONNECTED CAFES: Narrabeen 10am Dee Why 2pm</p>	<p>11</p> <p>Manly Walking Group 9:30am</p>	<p>6</p>
		<p>9</p> <p>Weekly Quiz 11am</p> <p>All Abilities Dance Class (Collaroy) 1pm</p> <p>CONNECTED CAFES: Dee Why 2pm</p>			<p>12</p>
					<p>13</p>
<p>14</p> <p>Long Reef Walking Group 9am</p> <p>Belong Book Club 1pm</p>	<p>15</p> <p>Walk and Talk 9:30am</p> <p>Tea and Table Games 1:30pm</p> <p>CONNECTED CAFES: Avalon 10am Balgowlah 10:30am Frenchs Forest 2pm</p>	<p>16</p> <p>All Abilities Dance Class (Seaforth) 10:30am</p> <p>Weekly Quiz 11am</p> <p>CONNECTED CAFES: Dee Why 2pm</p>	<p>17</p> <p>Gentle Exercise 9:30am</p> <p>Art, Craft and Chat 10am</p> <p>CONNECTED CAFES: Narrabeen 10am Dee Why 2pm</p>	<p>18</p> <p>Manly Walking Group 9:30am</p>	<p>19</p>
					<p>20</p>
<p>21</p> <p>Long Reef Walking Group 9am</p>	<p>22</p> <p>Chair Yoga 8am</p> <p>Walk and Talk 9:30am</p> <p>Tea and Table Games 1:30pm</p> <p>CONNECTED CAFES: Avalon 10am Balgowlah 10:30am Frenchs Forest 2pm</p>	<p>23</p> <p>Weekly Quiz 11am</p> <p>All Abilities Dance Class (Collaroy) 1pm</p> <p>CONNECTED CAFES: Dee Why 2pm</p>	<p>24</p> <p>Gentle Exercise 9:30am</p> <p>CONNECTED CAFES: Narrabeen 10am Dee Why 2pm</p>	<p>25</p> <p>Manly Walking Group 9:30am</p>	<p>26</p>
					<p>27</p>
<p>28</p> <p>Long Reef Walking Group 9am</p>	<p>29</p> <p>Chair Yoga 8am</p> <p>Walk & Talk 9.30am</p> <p>Tea & Table Games 1.30pm</p> <p>CONNECTED CAFES: Avalon 10am Balgowlah 10:30am Frenchs Forest 2pm</p>	<p>30</p> <p>All Abilities Dance Class (Seaforth) 10:30am</p> <p>Weekly Quiz 11am</p> <p>CONNECTED CAFES: Dee Why 2pm</p>	<p>31</p> <p>Gentle Exercise 9:30am</p> <p>Art, Craft and Chat 10am</p> <p>Ten Things To Know Before You Go 1pm</p> <p>CONNECTED CAFES: Narrabeen 10am Dee Why 2pm</p>	<p>Welcome to the Belong Club</p> <p>Belong Club is a Proveda initiative designed to create and build local connections through free activities, knowledge sharing, and experiences.</p> <p>Everyone is welcome.</p>	