

# JULY 2022 @ SIMEI

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1 2-4pm Batik Painting L1	2 10am-12noon Art of Planting L3
3	4 9-10am HPB Taichi L6 3-5pm Bingo L1	5 9.30-10.30am Zumba Gold L1 1-3pm Watercolour Florals Intermediate L1 3-5pm Ramio/Mahjong L1	6 9.30am-1pm Community Nurse Post L6 9.30-10.30am Mindful Exercise L6 2-3.30pm Advance Care Planning 3-5pm Ramio/Mahjong L1	7 1-2pm Chair Exercise L1 3-5pm Ramio/Mahjong L1	8 2-4pm Batik Painting L2 3-5pm Ramio/Mahjong L1	9 10am-12noon Art of Planting L4
10	11 9-10am HPB Taichi L7 3-5pm Bingo L2	12 9.30-10.30am Zumba Gold L2 1-3pm Watercolour Florals Intermediate L2 3-5pm Ramio/Mahjong L2	13 9.30am-1pm Community Nurse Post L7 9.30-10.30am Mindful Exercise L7 3-5pm Ramio/Mahjong L2	14 1-2pm Chair Exercise L2 3-5pm Ramio/Mahjong L2	15 2-4pm Batik Painting L3 3-5pm Ramio/Mahjong L2	16 10am-12noon Art of Planting L5
17	18 9-10am HPB Taichi L8 3-5pm Bingo L3	19 9.30-10.30am Zumba Gold L3 1-3pm Watercolour Florals Intermediate L3 3-5pm Ramio/Mahjong L3	20 9.30am-1pm Community Nurse Post L8 9.30-10.30am Mindful Exercise L8 3-5pm Ramio/Mahjong L3	21 1-2pm Chair Exercise L3 3-5pm Ramio/Mahjong L3	22 2-4pm Batik Painting L4 3-5pm Ramio/Mahjong L3	23 10am-12noon Art of Planting L6
24	25 9-10am HPB Taichi L1 3-5pm Bingo L4	26 9.30-10.30am Zumba Gold L4 1-3pm Watercolour Florals Intermediate L4 3-5pm Ramio/Mahjong L4	27 9.30am-1pm Community Nurse Post L1 9.30-10.30am Mindful Exercise L1 3-5pm Ramio/Mahjong L4	28 1-2pm Chair Exercise L4 3-5pm Ramio/Mahjong L4	29 2-4pm Batik Painting L5 3-5pm Ramio/Mahjong L4	30 10am-12noon Art of Planting L7