

NOVEMBER

Mon	Tue	Wed	Thu	Fri
	1 ALL AREAS Melbourne Cup \$25+ (moderate)	2 NO OUTINGS	3 ALL AREAS Exercise & Strength Program WEST La Plaka Café @ Burwood \$10+ (easy)	4 WEST Teahouse @ Watsons Bay \$15+ (moderate)
7 ALL AREAS "Return of The Legends" Concert @ Sutherland Entertainment Centre \$25 + lunch (moderate)	8 ALL AREAS A&K / Guest Speaker BYO Lunch (moderate)	9 WEST Innovations & Café \$10+ (moderate)	10 ALL AREAS Hydrotherapy Cost: \$4 + lunch EAST La Plaka Café @ Burwood \$10+ (easy)	11 ALL AREAS Nude collection from Tate Gallery @ Art Gallery of NSW \$16+ (advanced)
14 EAST Majestic Gourmet Grocers @ Petersham \$15 (moderate)	15 ALL AREAS A&K / Laughter yoga BYO Lunch (advanced)	16 EAST Innovations & Café \$10+ (moderate)	17 ALL AREAS Exercise & Strength Program EAST Shopping @ Birkenhead Point \$10+ (advanced)	18 WEST Rose Garden @ Parramatta Park & RSL \$15+ (moderate)
21 WEST Malabar RSL \$10+ (easy)	22 ALL AREAS A&K / Art Express BYO Lunch (moderate)	23 NO OUTINGS	24 ALL AREAS Hydrotherapy \$4 + lunch WEST Shopping @ Birkenhead Point \$10+ (advanced)	25 EAST Teahouse @ Watsons Bay \$15+ (moderate)
28 WEST Majestic Gourmet Grocers @ Petersham \$15 (moderate)	29 ALL AREAS A&K / Games BYO Lunch (moderate)	30 EAST Rose Garden @ Parramatta Park & RSL \$15+ (moderate)		

DECEMBER

Mon	Tue	Wed	Thu	Fri
			1 ALL AREAS Exercise & Strength Program WEST Picnic in the Park \$10+ (moderate)	2 EAST Pancakes on the Rocks @ Darling Harbour \$15+ (moderate)
5 EAST Lunch @ Doll's Point & walk \$12 (easy)	6 ALL AREAS A&K Christmas Party Invite only (moderate)	7 EAST Lunch @ Camperdown Commons \$15+ (moderate)	8 ALL AREAS 2016 Client Christmas Party	9 WEST Pancakes on the Rocks @ Darling Harbour \$15+ (moderate)
12 WEST Lunch @ Doll's Point & walk \$12 (easy)	13 ALL AREAS A&K / Laughter yoga BYO Lunch (moderate)	14 WEST Lunch @ Camperdown Commons \$15+ (moderate)	15 ALL AREAS Hydrotherapy \$4 + lunch EAST Picnic in the Park \$10+ (moderate)	16 EAST Malabar RSL \$10 (easy)
19 ALL AREAS Fundamental Café & walk @ Glebe \$10+ (moderate)	20 ALL AREAS A&K / Games BYO Lunch (moderate)	21 NO OUTINGS	22 OFFICE CLOSED	23 OFFICE CLOSED
26 PUBLIC HOLIDAY	27 PUBLIC HOLIDAY	28 OFFICE CLOSED	29 OFFICE CLOSED	30 OFFICE CLOSED